



**GORTON & SCHMOHL**  
**ORTHODONTICS**

**TONGUE WIRES**

Today you received one or two tongue training wires placed on the lower front teeth. The purpose of these wires is to discourage the forward posturing of the tongue which has contributed to the vertical space between the upper and lower front teeth, known as an open bite.

Please cover these wires with the wax we have given you for at least the first 48 hours. It is important to dry off the wires with tissue to help the wax stay in place. It is alright to continue using the wax longer than the first two days.

Please be very careful not to bite into any hard foods, such as apples and carrots, hard French bread, or hard pizza crust. Please avoid any sticky candy (such as Starbursts or Now and Later) or bubble gum (one stick of sugar free gum at a time is OK). These foods can bend and break the tongue wires, resulting in extra appointments to make new wires. You may wish to eat softer foods and take smaller bites the first few days.

Your speech may take one to two days to adapt to the new wires. Practice reading out loud at home and repeat any words that your new tongue position has difficulty making.