

## Reminder Plates



Thumb sucking is a common habit in young children, which normally ceases by three or four years of age. When the habit persists, it can lead to severe distortion of the growing jaws, with the upper front teeth being pushed forward and the lower incisors being distorted backwards.

Fortunately, there is a simple solution for thumb or finger sucking habit, the “reminder plate”.



The reminder plate is a simple, stress free device, which is worn full time for a month.

Thumb sucking will always cease, provided that a child is determined to break the habit and wears the appliance as directed.

Once the habit has ceased, a certain amount of natural improvement in the teeth can be expected.

**BEFORE**

**AFTER**



These photos were taken only 8 months apart, note how stopping the habit has allowed the teeth to grow together

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### Cost:

We provide reminder plates for £110.00 – this includes the cost of three visits (impression, fitting and subsequent review) as well as the cost of the plate. The repair of any reasonable breakage within a few months following the fitting of the appliance is also covered.

If you would like your child to have a reminder plate, please contact us.

An appointment will be given for the necessary impression to be taken and the plate will be fitted one week later.

A deposit of £10.00 is payable at the impression visit, with the balance of £100.00 on fitting.