



LIP BUMPER

**When inserting the lip bumper, the loops should be facing downward.
You should wear your lip bumper at all times, except while
engaging in physical activities, such as sports.**

To keep your lip bumper fresh, you MUST REMOVE THE LIP BUMPER FROM YOUR MOUTH and brush it when you brush your teeth. Also, once a week, you will need to soak it in Efferdent, or some other type of denture cleaner, for 30 minutes. If you develop a sore area you may remove your lip bumper and store it in your case. Rinse with warm salt water or Peroxyl for a few days until the sore has healed completely. If within a few days the sore has not healed, please call our office to make an appointment for Dr. Spillers or Dr. Gordon to take a look. Leave your lip bumper in at all times while away from home, including when you eat. While eating at home, you may remove your lip bumper and place it in your case. Be sure to replace it as soon as you finish eating. If the bands become loose, take your lip bumper out and call our office for an appointment.

**ALWAYS BRING YOUR LIP BUMPER TO YOUR APPOINTMENT.
THERE WILL BE A CHARGE TO REPLACE YOUR LIP BUMPER
SHOULD YOU LOSE OR BREAK IT.**

Additional information may be found on our website at DrSpillers.com.

If you have any questions or concerns, please call our office at (478) 953-2700.



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478-953-2700