

## The Palatal Expander with a Crib: An Alternative to Stop Sucking Habits

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### Abstract

Anterior open bites can be a real challenge for orthodontics specially if related to sucking habits. Here it is offered a simple technique involving the association of a palatal expander with a crib to solve it in an easy way.

**Keywords:** Open Bite Treatment; Orthodontic Treatment; Sucking Habits; Treatment Timing

Active sucking habits frequently result in complex malocclusions. The management of the resulting dentofacial changes often requires multiple appliances to correct. This can lead to increased treatment time and costs. Different appliances are necessary to correct the posterior crossbite and to prevent the tongue thrusting during swallowing and sucking habit. Therefore, combination or single appliances have been implemented to simultaneously correct multiple dental problems that frequently go along with non-nutritive sucking habits [1].

The purpose was to introduce a palatal expander with a crib to correct the malocclusions without the need of multiple treatment strategies, making the treatment easier and fast. The manufacturing consists as follows: 1) A W-arch is manufactured with a 0.036" steel arch wire associated with a palatal crib; 2) The appliance is fixed and should be soldered on bands located on the primary second molars or the permanent first molars; the placement first involves molar separation (24 hours or longer) with orthodontic separators, followed by a try-in to ensure that the Nit is optimal; 4) Finally, the molar bands are cemented on with glass ionomer cement. The activation can start immediately.

The anterior open bite should correct spontaneously following cessation of the habits and the posterior crossbite is corrected by incremental activation of the appliance. Usually, this can be achieved in 3 months and then the appliance should be maintained for the same period to retain the overcorrection (Figure 1). In conclusion, the device has the advantage of easy installation and manufacturing, low cost and aims to simplify treatment through this association that can stop multiple malocclusions in an efficient and effective way.



**Figure 1:** A-C Palatal expander with a crib.

### Conflict of Interest

There is no financial interest or any other conflict of interest.

## Bibliography

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