

HOW CAN WE CORRECT IT?

Orofacial Myofunctional Therapy (OMT) can be used independently or in combination with other forms of treatment, such as orthodontics.

OMT involves techniques of exercising orofacial muscles to improve tone and functions of chewing, swallowing, and breathing. Disorders of the teeth, jaw and associated soft tissues with thumb sucking and clenching habits can be treated with OMT.⁵



↑Before treatment

↑After treatment

INTERVENTION OF DENTAL HYGIENIST

- Inform the patient of the open bite and the conditions that may come with it.
- Refer the patient to an orthodontist and/or a myofunctional therapist.
- Prevent any dental complications by monitoring the patient with follow-ups every 6 month.

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Orofacial Myofunctional Therapy to Treat Open Bite



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WHAT IS "OPEN BITE"?

An open bite is a type of **malocclusion**, which means the teeth are not aligned properly when the teeth are closed.³



SELF-ASSESSMENT CHECKLIST

- When you bite down, is there gap between upper and lower teeth?
- Do you have trouble with chewing or swallowing?
- Do you breathe through your mouth?
- Do you experience dryness of mouth?
- Have you had a thumb-sucking habit as a child?
- Do you have trouble pronouncing words that start with "D-", "N-", "S-", or "T"?

If you have any of these symptoms, you may have an open bite !

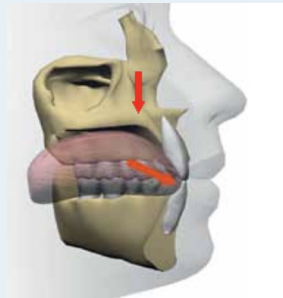
WHY DOES IT HAPPEN?



1. Thumb or Pacifier Sucking
2. Tongue Thrusting



3. Low



HOW MAY IT AFFECT YOU?

- Breathing through mouth
- Sleep disorders
- Dry mouth
- Insufficient oxygenation of the brain tissue
- Craniofacial deformities
- Difficulty swallowing
- Pronunciation / Speech interference
- Esthetic Concern

