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## Modified Lingual Spurs with Begg Brackets and Lock Pins – A Clinical Pearl

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*Strictly as per the compliance and regulations of:*



# Modified Lingual Spurs with Begg Brackets and Lock Pins – A Clinical Pearl

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## I. INTRODUCTION

“Tongue thrust swallowing” is the placement of the tongue tip forward between the incisors during swallowing. Sustained pressure by the tongue against the teeth have significant effects in causing malocclusion, though the Pressure by tongue against the teeth during a typical swallow last for approximately only one second. Since a typical individual swallows about 800 times per day while awake and a few swallows per hour while asleep, the total instances per day therefore is usually around 1000<sup>1</sup>.

Various mechanical methods have been used like fixed or removable cribs<sup>2, 3</sup>, spurs<sup>4</sup> and myofunctional appliances<sup>5</sup> etc. to treat this habit.

We have devised a new method of fabrication of modified lingual spurs with begg brackets and lock pins as a remainder method to treat tongue thrust habit.

## II. PROCEDURE

- A. Begg brackets were bonded on etched lingual surface of the lower incisors (figure-1).
- B. Two, one point safety lock pins were inserted from gingival to incisal direction and the excess was bended 90°lingually with 'V' shaped fashion by using Weingart plier (figure-2).
- C. Modified lingual spur with begg brackets and lock pins (figure-3).

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## III. DISCUSSION

To correct tongue thrust habit we used begg brackets and lock pins to fabricate “spurs”, which are inexpensive, easy to apply and do not need any technician's assistance and procedure is not technique sensitive. Since the attachment is fixed on the lingual surface of anteriors, the possibility of mesial movement of the anchor molars by the thrusting force of tongue as seen in the other appliances is eliminated and the maintenance of oral hygiene is easy.

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**Figure 1 :** Begg brackets were bonded on etched lingual surface of the lower incisors



*Figure 2* : Two, one point safety lock pins were inserted from gingival to incisal direction and the excess was bended 90°lingually with 'V' shaped fashion by using Weingart plier.



*Figure 3* : Modified lingual spur with begg brackets and lock pins