



مؤسسة الرعاية الصحية الأولية
PRIMARY HEALTH CARE CORPORATION

MOUTH BREATHING

It is the habitual breathing through the mouth instead of the nose. Most common cause is partial or complete nasal obstruction due to enlarged adenoids or tonsils, deviated nasal septum or chronic allergic rhinitis.

What are the effects of Mouth Breathing?

- Elongated facial appearance with narrow nose.
- Short upper lip.
- Lips stay apart and are often dry and cracked.
- Red and Swollen gums.
- Narrow upper jaw.
- Dry mouth and bad breath.
- Tooth decay.

How to help your child give up the habit?

- Remove the cause for nasal obstruction.
- If the habit persists, it should be corrected by lip exercises to stretch the lips and improve the lip tone and seal.
- Oral appliance like Oral Screen help to close the mouth forcing the child to breathe from the nose.
- Orthodontic treatment will be necessary to correct the teeth alignment.

