

Orofacial considerations concerning musicians

**Miguel Pais Clemente¹, Inês Carvalho¹, Mário Vasconcelos¹,
Rogério Branco¹, José Cavalheiro², and José Frias-Bulhosa³**

¹ Faculty of Medical Dentistry, University of Porto, Portugal

² Faculty of Engineering, University of Porto, Portugal

³ Faculty of Health Sciences, University of Fernando Pessoa, Portugal

Orthodontic problems, soft tissue trauma, focal dystonia, denture retention, herpes labialis, dry mouth, and temporomandibular joint (TMJ) disorders were identified as orofacial problems of career musicians. The most prevalent problems affecting wind players involve overuse of muscles resulting from repetitive movements of playing, especially because it requires increased ventilation and increased orofacial muscle activity. Therefore, we have developed the Lip Pressure Appliance (LPA). It consists of a lip protector made in one piece, which has been manufactured from a relatively flexible thermoplastic material and configured and fitted to the lower dental arch of the player who uses it. In addition to this, many patients who are doing orthodontic treatment face difficulties when playing because of the pressure against the orthodontic brackets. We have developed therefore yet another protector, the Orthodontics Lip Pressure Appliance (OLPA). The movement of the teeth during the orthodontic treatment has been predicted and with different combinations of materials it was possible to leave a space for the teeth movement without losing retention of the OLPA. This way people who have doubts about orthodontic treatment because of their musical career have the problem solved.

Keywords: wind instruments; orofacial problems; Lip Pressure Appliance (LPA); Orthodontics Lip Pressure Appliance (OLPA); orthodontic treatment

Address for correspondence

Miguel Pais Clemente, R. D. Marcos Cruz 2029 1^o-N, 4455-482 Perafita, Portugal;
Email: miguelpaisclemente@hotmail.com