Fabrication and insertion (Sridhar, 2015): 1– The bands are fixed on the permanent 1st molars or deciduous 2nd molars.214– Should not follow the contour of the palate, if the suction and kinesthetic–neuromuscular gratification are to be rendered meaningless.6– Maintaining good oral hygiene is essential as the appliance collect the food easily and results in halitosis and gingival inflammation.9– If there is a tendency toward relapse of the habit, it is essential to leave at least a partial appliance in place for a longer time, or if there is a combination of habits it is necessary to modify the appliance in length duration of the treatment3– Another wire is soldered on to the first wire to form a crib or mechanical obstruction for the digit and this should not interfere with the normal occlusion to fit passively in the palate and is soldered to the molar bands.