

Infant Nasal Alveolar Molding

What is Alveolar Molding (NAM)?

NAM is a type of orthodontics used to treat babies with cleft lip and palate. An appliance is custom made by a trained dentist to fit the roof of your baby's mouth. It is then worn daily until your baby has their first cleft lip repair. The appliance looks like a small denture or a mouth retainer.



What is the purpose of NAM?

NAM is done to reshape the lip, nose, gum pads and palate. It helps the bones in the upper jaw move closer together and reduces the size of the cleft before surgery. It may also help to reshape the nostril.

How is the appliance made?

The dentist or craniofacial orthodontist will take an impression of the upper jaw. The impression tray is held in your baby's mouth until the material is set. Your baby may cry when the impression is made but it doesn't hurt. Once the tray is taken out your baby's mouth is checked to make sure there is no material left in the mouth. The impression is then used by the dentist or craniofacial orthodontist to make the appliance.

What is the NAM Process?

- The appliance is worn in the baby's mouth at all times.
- The appliance helps reduce sores that often develop in your baby's mouth with feeding. It also lowers the amount of food that goes into the nose through the open palate and often makes feeding easier.
- The appliance is held in place outside the mouth by tape on the cheeks. The tape that is used also helps to move the gum pads and lips closer together.
- You will remove the appliance to clean it at least once per day.
- Your baby will need to see the dentist about once a week to have the appliance adjusted.
- Once the gum line is closer together, a nose piece may be added. This will help reshape the nose.

Your baby's dentist or craniofacial orthodontist will teach you how to tape and care for the appliance. They will also teach you to watch for any problems your baby is having.

Call your Dentist (at 720-777-6788) or Craniofacial Orthodontist (720-777-3749) if:

1. The skin on your baby's cheeks gets raw or red from the tape.
The tape can irritate the skin on the cheeks. Using a skin barrier can help protect the skin on the cheeks. Changing the type of tape may be helpful as well. Make sure you talk with your dentist or craniofacial orthodontist before making any changes.
2. The appliance can irritate the nose or inside of the mouth causing red or white sores.
Please call your Dentist or craniofacial orthodontist if this is happens.
3. If a tooth grows in the mouth-please call your dentist or craniofacial orthodontist.
4. In rare cases, the NAM appliance can make it hard for your baby to breathe
If the appliance is causing changes in your baby's breathing please take out the appliance and call your dentist.
If the appliance is causing your baby to change color or stop breathing please take out the appliance and call 911 right away.

