



Does Mewing Actually Reshape Your Jaw?

Mewing, a technique that has gone “viral” online, is the movement of flattening your tongue against the roof of your mouth in an attempt to define your jawline. Proponents claim it can even realign teeth and improve overall facial aesthetics. Sounds too good to be true, right?

The reality check:

Facial restructuring is not simply achievable by changing your tongue’s resting position. A complex interplay of genetics, bone growth, and muscle development influences facial structure. Simply changing tongue placement isn’t enough to magically correct misaligned teeth, reshape your jawline, and prevent the need for orthodontic treatment.

How Facial Restructuring Actually Works

Maxillofacial deformities are usually corrected with orthodontic treatment. Mewing has generated significant social media buzz lately. However, there’s no current research that suggests the technique provides any benefit to your jawline or oral health. Mewing enthusiasts might be surprised to learn that improperly forcing your tongue into unnatural positions may lead to undesired effects and could actually:

- Disrupt tooth alignment
- Worsen bite problems and speech issues
- Require complicated treatment to resolve



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See an AAO Orthodontist for Safe and Effective Jaw Positioning

The good news is a trained orthodontist can help evaluate your tongue’s resting position and, if necessary, work with other professionals to guide your tongue into a more favorable position. AAO orthodontists understand the structure of your teeth, jaw, and facial bones. They can also correctly evaluate how changing one part of the mouth may impact other parts—for example, how the natural resting position of your tongue may be affecting your speech or causing bite problems.

Before contemplating any DIY treatment, weigh the potential for irreversible and costly damage that may result if not executed correctly. Seeking guidance from an AAO orthodontist in advance can ensure proper bite alignment without negative consequences.