

Lower Lingual Arch



The lower lingual holding arch is a holding appliance. It prevents the permanent molars from shifting forward allowing crowded teeth to spread out. It remains in place until permanent teeth begin erupting.

Two bands are cemented to two lower molars. Attached to the bands is a U-shaped bar. The patient may experience slight discomfort when first placed. Whatever household pain reliever you prefer, may be used to remedy these situations.

To maximize the lower lingual arch treatment, patient and parents must know how to care for it properly by following these instructions:

DIET

1. *No hard or sticky foods (corn chips, hard candy, caramel, gum, taffy, peanuts, popcorn, etc.)*
2. *Monitor highly sweetened foods (cake, pie, ice cream, cookies) brush after or rinse with water*

CARE

1. *Brush teeth at least 3 times daily*
2. *Use a water pik or floss, to remove food caught underneath the appliance*
3. *Watch diet and contact office if bands come loose or anything breaks or wire gets bent*
4. *Warm salt water rinses for sores*
5. *'Rescue' wax for bands until cheeks get used to new appliance*