

Lower Lingual Holding Arch

Description

The lower lingual holding arch is a bar going across the lower front teeth and held into the lower arch by being placed around the back molars.

Purpose

The lower lingual holding arch is used to create more space for the crowded teeth in the lower dental arch.

Wear

Since the appliance is cemented to the lower teeth, it is worn 24 hours per day.

Eating

Initially there will be some awkwardness in eating, but this will soon go away. Your diet will need some slight changes. For the first 3 days, stick to liquids and very soft foods such as eggs, yogurt, mashed potatoes, pasta, etc...chewing small pieces is helpful. After this short period of adaptation most foods can be consumed. However, you should continue to stay away from hard foods (raw carrots, nuts, ice cubes, hard candy...) and sticky foods (gum, caramel, chewy candy...).

Cleaning

It is very important to keep your appliance clean. Food and tartar can build up on the edges so we recommend a quick rinse or scrub after meals; then at least once a day scrub your lower lingual holding arch thoroughly with your toothbrush and toothpaste. It is very important to scrub the edges of the bar at the gumline so that redness and soreness do not develop..

Speech

Your lower bar should not alter speech. If you feel that your speech has been affected, then slowly read out loud for 5 to 10 minutes each night to practice your pronunciation. This speeds up the adaptation process.

Comfort

At the sides of the appliance are some metal attachments that may initially irritate the inside of the cheeks. Soft wax will be given to press over this area while your mouth is adapting, this should be placed each night for the first week to cushion these areas. Also quite helpful is the use of warm salt water rinses twice daily for the first week (¼ teaspoon of salt in ½ cup of warm water).

Other Things

If the appliance becomes loose call the office for an appointment right away. Keep the appliance seated in the mouth so that the lower jaw does not lose the space that was created.

Parting Words

When patients use this appliance according to our recommendations, we have had excellent success. Our best wishes to you as you begin an exciting journey towards a super smile! Also remember that we are here for you. If you or a family member has any questions along the way, just ask us