

Lower Lingual Holding Arch

Description

The lower lingual holding arch is a bar going behind the lower front teeth. It is held into the mouth by being placed around the back lower 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 three days, eat liquids and soft foods such as eggs, yogurt, mashed potatoes, pasta, etc... After this short period of adaption, most foods can be consumed. Harder foods (meats, raw carrots, nuts...) should be cut up and chewed with the back teeth. Sticky foods (gum, caramel, chewy candy ...) should be avoided.

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 after meals. At least twice a day while brushing, gently scrub your lower lingual holding arch with your toothbrush and toothpaste. It is very important to brush the edges of the bar at the gum line so 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 will speed up the adaption process.

Comfort

At the sides of the appliance are some metal attachments that may initially irritate the inside of the cheeks. Wax can be used to press over this area while your mouth is adapting. It is also helpful to rinse twice daily with warm saltwater if any sores develop (¼ teaspoon of salt in ½ cup 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, they 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 any family members have any questions along the way, just ask us!