BANKHEAD & FIRTH
ORTHODONTICS

Lower Lingual Holding Arch

This appliance is designed to hold space while we wait for permanent (adult) teeth to erupt.

You may have some tenderness the first week, but this will gradually disappear. Use Tylenol/Advil as needed. If your cheeks get sore from the bands on your lower lingual holding arch, place a small piece of wax over the area; especially while you sleep. This wax will act as a bandaid for your cheeks.

You will need to spend more time brushing your teeth now that you have a lower lingual holding arch. It is important to brush around the bands and on the inside of the teeth next to the wire. It is also important to floss these teeth with Superfloss or a floss threader to get under the wire and in between the teeth.

We ask that you check the bands at least once a week to make sure they are still secure on the teeth. If any of the bands move, we ask that you call our office so we can schedule an appointment to repair the appliance.

There are some foods that you will not be able to eat while this appliance is in place. We ask you to avoid hard foods (ice, jawbreakers, etc.) and sticky foods (caramels, bubblegum, etc). These foods will loosen the bands. An additional appointment will be needed to repair the holding arch if you eat hard, sticky, or crunchy foods.

If you have any questions about this appliance, please contact our office.

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