

### Lower Lingual Arch



The lower lingual holding arch appliance will hold the permanent molars in place while baby teeth are falling out and permanent teeth are erupting

Two bands (braces) are cemented to two lower molars. Attached to the bands is a U-shaped bar. The patient may experience pressure when first place. Most patients experience very little discomfort.

To maximize the lower lingual holding 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, etc.)
2. 0-1 carbonated drinks (coke, root beer, 7-Up etc.) per week
3. Limit highly sweetened foods (cake, pie, ice cream, cookies), brush after or rinse with water
4. **Please note that this list is not all-inclusive.**

#### Care

1. Brush teeth at least 3 times daily.
2. Use a water pick or floss to remove food caught underneath the appliance.
3. Watch your diet and contact office if bands come loose or anything breaks.
4. Warm salt water rinses are helpful for sores.
5. Use rescue wax for bands until cheeks get used to new appliance.

If either band feels loose or feels different, please come to see Dr. Cooke within one week. If a loose band is not repaired, it can lead to cavities. If you have any questions regarding your appliance or treatment, do not hesitate to ask.