

Lower Lingual Arch



About this appliance:

- As an active appliance, it is able to open space for permanent teeth as well as align lower incisors.
- As a passive holding appliance, it prevents the permanent molars from shifting forward allowing crowded teeth to spread out.
- **It typically remains in place until permanent teeth have erupted.**
- Two bands are cemented to two lower molars. Attached to the bands is a U-shaped bar that can be removed and adjusted during treatment by Dr. Swan.

Diet:

- Avoid hard and sticky foods such as (peanuts, caramel, gum, taffy, corn chips, hard candy, etc).
- Limit highly sweetened and sugary foods and drinks such as: cake, cookies, sodas, sugary juice). Brush or rinse with water shortly after.

Proper Care:

- Brush teeth at least twice a day. Don't forget to brush by the bands to avoid dental decay!
- Use a Waterpik or floss to remove food caught underneath the appliance
- Do not pick at wire and be careful not to push too hard on wire. Keep tongue from playing with wire.
- Use warm salt water rinses for sores, and use wax for bands until cheek gets used to the appliance.
- Contact our office (616-698-2323) right away if bands come loose, wire gets bent or appliance breaks. Call with any questions or concerns.

