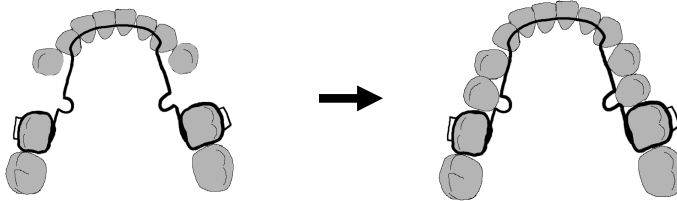
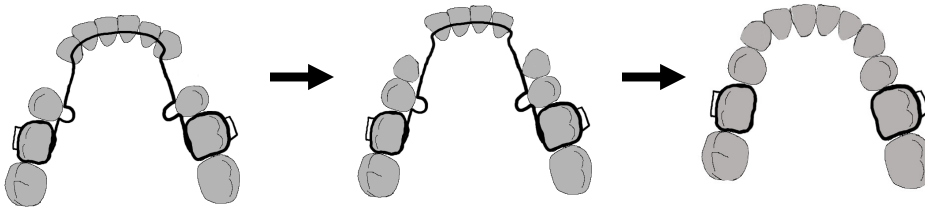


Lower Lingual Arch – Care Instructions

1. The Lower Lingual Arch is designed to hold the back molars in place. Many times it is used as a space maintainer in young patients who have lost one or more of their baby molars and space must be held for eruption of the permanent teeth. We also use the Nance to hold the molars in place for adult patients while moving the front teeth back to close spaces or shift the teeth to one side or the other.



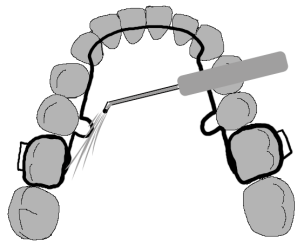
Using the Lingual Arch as a Space maintainer. By holding the molars in place many times the teeth will align naturally.



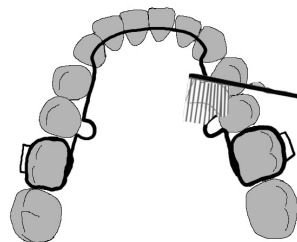
The Lingual Arch can also be used to “anchor” the back teeth while we move the front teeth. When the Lingual Arch is used this way it is usually left in place for only 6-8 months (removing it after the canines have been moved back.)

2. The Lingual Arch is not removable, it is cemented to the molar teeth. It does take a few days (3-5) for you to get used to the appliance. When the appliance is first placed, you will have discomfort from the bands and some tenderness of the tongue. You may need to take ibuprofen or tylenol and rinse with warm salt water for the first few days. Initially there will be an increase in saliva which will reduce in a few days. Swallowing and speaking may be difficult in the beginning but once again this will get better with time. We recommend a soft diet for the first few days. You may have tendency to press the tip of your tongue against the Lingual Arch wire. This is not harmful to the tongue but may create some tenderness for a few days.

4. **Hygiene:** It is important to keep the appliance clean with regular brushing and use of a water-pik to help dislodge large particles of food but remember the water-pik does remove plaque from your teeth or the Nance. You should carefully follow the food list and avoid sticky, hard foods and yes that means **NO GUM!**



A Waterpik helps dislodge large particles of food before you brush. You can direct the water spray between the plastic and the gums.



Be sure to brush the Nance well every time you brush your teeth.

Good Luck, I'm sure you will do great! Dr. Griffies