



**moshiri orthodontics**  
*for a smile that lasts*



**The lower lingual holding arch is a bar going across the lower front teeth and held into the lower arch by being placed around the back molars.**

The lower lingual holding arch is used to create more space for the crowded teeth in the lower dental arch. Since the appliance is cemented to the lower teeth, it is worn 24 hours per day.

Initially there will be some awkwardness in eating, but this will soon go away. Your diet will need some slight changes. For the first 3 days, stick to liquids and very soft foods such as eggs, yogurt, mashed potatoes, pastas, etc...chewing small pieces is helpful. After this short period of adaptation most foods can be consumed.

However, you should continue to stay away from hard foods (raw carrots, nuts, ice cubes and hard candy) and sticky foods (gum, caramel and chewy candy).

It is very important to keep your appliance clean. Food and tartar can build up on the edges so we recommend a quick rinse or scrub after meals; then at least once a day scrub your lower lingual holding arch thoroughly with your toothbrush and toothpaste. **It is very important to scrub the edges of the bar at the gumline so that redness and soreness do not develop.**

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 speeds up the adaptation process.

At the sides of the appliance are some metal attachments that may initially irritate the inside the inside of the cheeks. Also quite helpful is the use of warm salt water rinses twice daily for the first week (1/4 teaspoon of salt in 1/2 cup of warm water) or placing orthodontic wax on the attachment areas. Please check the bands around the back teeth once weekly to make sure they are secure.

If the appliance becomes loose, please call **(314) 4-BRACES**.