



LOWER LINGUAL ARCH

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 permanent teeth. We also use the Lower Lingual Arch with braces, in some cases we ask our patients to hook elastics to their LLA.

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. 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.

Cleaning

It is important to keep the appliance clean with regular brushing and use of a water-pik if needed to help dislodge large particles of food but remember the water-pik does remove plaque from your teeth.

Foods to avoid

Please refrain from eating sticky foods just as you had to with your spacers. Things such as gum, caramel, gummy worms, hard candy, and chew vitamins. Please stay away from popcorn as well, the kernels will get stuck underneath the band and your gums which can cause infections.

Please call us if you have questions or your child is in any pain. Lower Lingual Appliances should not cause pain, it may feel weird at first but should not hurt.

Dr. Yoshikane and Team
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