

Lingual Arch



- ◆ The purpose of the Lingual Arch is to *maintain or hold the space* between the permanent incisors and the permanent molars.
- ◆ The Lingual Arch fits inside the lower teeth and is shaped like a “U”.
- ◆ You may have *difficulty speaking at first*, but as you practice (reading aloud, perhaps) it will become easier and easier.
- ◆ You may experience some *soreness* when the appliance is first inserted. Tylenol or Advil can be taken to ease this discomfort.
- ◆ **Clean your appliance daily** with your toothbrush *after each meal and before bedtime*.
- ◆ Remember to follow the rules of the food list to avoid loosening or breaking the appliance.
- ◆ **Do not play** with your Lingual Arch with your *fingers* or *pull on it with your tongue*, since that can also loosen or break the appliance.
- ◆ **KEEP IN MIND THAT EACH VISIT IS ONE STEP CLOSER TO A BRIGHTER SMILE!**