



GREAT SMILES

PEDIATRIC DENTISTRY & ORTHODONTICS

Lower Lingual Arch Appliance

A Lower Lingual Arch is an appliance that can be used to hold space during the transition from primary (baby) teeth to permanent teeth, create space for the eruption of permanent teeth, and can also serve as an anchor to move teeth.

For the first few days after initial placement, you may experience discomfort or tenderness with your teeth, cheeks, and tongue. Working the jaw muscles will help to work out the soreness. We suggest chewing on a bite wafer or soft foods. Our doctors recommend taking Tylenol or Motrin every 4-6 hours for the first few days as needed for discomfort or tenderness. Your diet may need to be altered for 2-3 days after initial placement. Our doctors recommend eating soft foods (potatoes, macaroni and cheese, tuna fish, yogurt, ice cream, pudding, etc.). Remember to cut meats, vegetables, and fruits into small pieces when eating them.

You may find it difficult to say certain words. Reading and singing out loud is helpful. Within a few days, you won't even notice your speech is any different. Please do not play with your appliance with your fingers, or pencils, or flip it with your tongue, as any of these can cause the appliance to come loose or break. If you have any questions or concerns about your appliance, please contact our office.



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