REDDY TO SMILE ORTHODONTICS

Lower Lingual Holding Arch (LLHA)



The Lower Lingual Holding Arch (LLHA) is an inactive banded appliance used to maintain space and arch length.

It is not an active appliance so the adjustment time should be minimal. It is important to maintain good oral hygiene and follow the same food restriction with this appliance as with any other banded appliance.

Taking Care of Your Appliance

Brush your entire mouth, your appliance should be clear of any food debris. If your lower lingual holding arch is cleaned properly, it will be shiny. Remember to floss daily.

Check each band every night. If a band is loose, contact our office promptly for a repair. *Do not wait for your next appointment as a relapse can occur. More time is required for the repair of the appliance. Please call ahead if you are experiencing problems.

Please avoid hard, sticky, or chewy foods. These include taffy, gum, hard pretzels, and popcorn as these foods will damage the appliances. It is important to also limit the amount of carbonated beverages you drink to 1-2 cans per week. Carbonated beverages will deteriorate the dental cement used to adhere the bands to your teeth.

If you have any questions or concerns please contact the office.

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