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## Lingual Arch

### Why Do I Need A Lingual Arch?

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The purpose of the holding arch is to maintain the space in the dental arch for the eruption of the permanent teeth.

### What is A Lingual Arch?

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1. Metal bands that are fitted around your lower first molar teeth
2. A wire is fitted to the bands on your lower first molar teeth and is positioned behind your lower teeth

### How Do We Fit The Lingual Arch?

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1. If required, separators are placed between your back teeth to create space for the bands
2. The separators are removed approximately one week later or at the band fitting appointment.
3. Bands are chosen to specifically fit your teeth
4. Once the bands have been fitted, an impression is taken to have the lingual arch constructed
5. Once the lingual arch has been constructed, an appointment will be scheduled to have the lingual arch inserted into your mouth

### How Do I Clean My Lingual Arch?

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- It is essential that the bands around your lower first molar teeth are kept meticulously clean
  - If food is not effectively removed from the lingual arch, it can cause dental decay and gum problems
  - Tilt your toothbrush on a 45° angle on the gum line, underneath the bands on your lower first molar teeth
  - Rotate your toothbrush ten times on both the left and right sides, inside and outside of the bands
  - A dental floss threader will be provided so that you are able to floss around the lingual arch
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## **What Should I Eat Now that I have My Lingual Arch?**

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- Your lingual arch is delicate and easily damaged so what you eat becomes especially important in caring for your appliance
- **Please avoid:**
  - Sticky Foods** such as caramels, toffee and chewing gum etc.
  - Hard Foods** such as hard-boiled lollies, popcorn and nuts etc.
  - Sweet Drinks** such as Coke, Diet Coke, Pepsi, Diet Pepsi and any sports drinks
  - Chewing** such foods as chop bones and chicken bones.
- It is important to have a healthy, well balanced diet, including plenty of fruits and vegetables. Even if some foods are hard and crunchy such as stone fruits, apples and carrots, they may be cut into small pieces and chewed on your back teeth.

## **What Happens If I Break My Appliance?**

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- Broken or dislodged appliances are likely to occur from time to time during your orthodontic treatment. If there is any disturbance such as loose bands, broken or poking wires, please call our Rooms and we will evaluate the urgency of your problem and schedule an appointment accordingly. In fairness to the other scheduled patients, we are **unable** to see you for unscheduled appointments **before or after** school. These appointments will need to be made during school hours.