

Lower Lingual Holding Arch (LLHA)

- Avoid sticky foods such as taffy, caramels, gummy candies, starburst, skittles, and gum as they might loosen the appliance. Also, avoid hard foods such as ice, nuts, and hard candy as these might break the LLHA.
- Thorough, but careful, brushing around the appliance is important to keep it and your teeth clean and free from cavities.
- Initially, your teeth might feel sore after placement of this appliance. Also, you might notice extra saliva in your mouth and slight speech impairment. This is expected and should go back to normal after a few days.
- Speak out loud as much as possible during the first couple of days to allow your tongue to get used to this appliance.
- Certain areas of the LLHA or bands to which it attaches might bother your cheeks and tongue at first. This usually goes away after a few days, but the use of wax or wet cotton balls will help to minimize the discomfort while your mouth is adjusting. Rinsing with warm salt water or Peroxyl and the use of Orabase will help bothered areas feel better and return to normal.
- Please call us immediately if anything feels loose or broken.