

HOLDING ARCH



How will it feel?

You might feel like you're talking a bit funny at first, but the appliance should not interfere with opening, closing, or eating. You may feel pressure with adjustments of the holding arch. You may produce excess saliva initially.

Troubleshooting:

Discomfort: You can place wax over any sharp or pokey parts of the appliance to make them smoother. Do not pick at the wire or bands. Keep your tongue from playing with the appliance. Use warm salt water rinses for sores.

Brushing: Extra effort is required to care for your appliance and to remove food and plaque from around it. Brush thoroughly around the appliance two to three times per day. In addition to brushing and flossing, a monojet syringe or Waterpik® will help to remove food caught underneath the appliance. Avoid foods with high sugar content to minimize cavities.

Breakage: Avoid hard/chewy/sticky foods, including chips, hard candy, caramel, taffy, nuts, gum, ice, and sticky candies to minimize breakages. Please contact us promptly if anything is broken or needs attention.

*Whenever something new is placed in the mouth, it takes time to adjust.
Please be patient – you will become accustomed to the appliance surprisingly soon.*

What does it do?

Holding arches are space maintaining devices. They prevent the permanent molars from shifting forward, preserving space for crowded teeth. They remain in place until your adult teeth have erupted.

What does it look like?

Holding arches are fully contained inside your mouth. In the case of a lower lingual arch, a band is cemented to each of your lower molars. For a transpalatal arch, a band is cemented to each of your upper molars. There is a bar attached to the bands that can be removed and adjusted during treatment by Dr. Luff.



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