

LINGUAL/PALATAL ARCH

PALATAL ARCH

This is a fixed appliance where a wire is attached to the upper molar bands in the roof of the mouth.

This wire holds the upper molars in their current position to maintain space in the upper arch.



LINGUAL ARCH

This is a fixed appliance attached to the tongue side of the lower molar bands.

This appliance acts as a space maintainer by holding the lower molars in their current position



WHAT TO EXPECT

At first the appliance will feel strange and will take some time to get used to. Changes observed may include difficulty in swallowing and talking, along with an increase in saliva production. Within a few days these will usually return to normal.

You may also find that the new appliance might irritate your tongue. The best way to manage this type of discomfort is to keep your tongue away from the appliance when you are at rest, and to avoid "playing" with it. If discomfort persists, teething gel (can be purchased from pharmacy) applied directly onto the tongue will likely offer some relief. This can be used in conjunction with normal pain relief, similar in strength to that which you might use for a headache.

KEEPING IT CLEAN

Brushing your teeth will now take a little extra time and care, as you must ensure that you thoroughly brush your appliance and the area surrounding it. You will be given a special toothbrush to help you with cleaning when your appliance is fitted. It is also important to brush your tongue, as it now will be resting directly on the appliance.

WHAT CAN'T I EAT?

*While the appliance is in place there are certain foods that must be avoided as they can cause it to dislodge. These foods include crunching on iceblocks and all **chewy** and **sticky** foods such as:*

- Toffees and caramels such as; Minties, Fantails, Redskins etc
- Chewing gum and bubble gum

You may find that some foods such as bread and pasta can get stuck between the appliance and your palate, or gums. Ensure that you brush these areas really well in order to remove any food.



Remember: If you have any queries, please don't hesitate to contact us on: 9371 6088