



MARIN ORTHO
Beautiful Smiles Naturally

LOWER LINGUAL ARCH

The wire you received today is called a lower lingual arch, lingual meaning the “tongue side” of the teeth. This appliance is used to either hold your teeth in their present position or increase the existing space that is available for your erupting lower permanent teeth.

Please do not play with the wire using your tongue or fingers. Lifting the wire up continuously with your tongue will cause three problems: 1.) it will take the activation out of the wire so that it is ineffective, 2.) it will get in the way of speaking and eating, and 3.) most importantly the wire will eventually break and need replacing. If your tongue cannot stop lifting the wire up, please call us so we can add a special wire to discourage the habit. If you notice that one of the metal bands around a back tooth is loose, please call the office immediately for a recementation appointment. If a metal band comes completely off the tooth, push the band back down on the tooth and temporarily chew food on the other side of your mouth until you come to the office for a repair appointment. Please remember to avoid all sticky and hard foods as we discussed with your hygiene instructions.

The lower lingual arch may cause some discomfort for the first few days. If the teeth are sore, eat very soft food and take an over-the-counter pain reliever such as Tylenol. If the tongue or cheeks become irritated, dry the area with a tissue and place the wax as we showed you.

Brushing your teeth in the area of the new wire takes some extra effort. Aim the bristles of the brush underneath where the wire is attached to the tooth as well as at the bands and the biting surfaces of the teeth. Dental floss may be treaded under the wire and used in its normal way.

Dr. Jasmine Gorton | Dr. Diana Schron | Board Certified Orthodontists