

HOLDING ARCH

Holding arches are space maintaining devices. They prevent the adult molars from shifting forward, and help preserve space for your future teeth. They remain in place until your adult teeth have erupted.

WHAT DOES IT LOOK LIKE?

Holding arches are hidden inside your mouth. A band is cemented to each of the lower molars which is connected by a smooth bar that runs along the inside of the lower teeth.

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 produce excess saliva initially but your tongue and mouth will adapt quickly.

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. Floss daily and avoid flossing foods with high sugar content to minimise cavities.

BREAKAGE

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

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, and avoid your tongue from playing with the appliance.



QUICK TIP!

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.