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Lower Holding Arch



The lower lingual holding arch (LHA) is a space maintaining appliance. It consists of two metal bands cemented to the lower first molars connected by a wire that runs along the inside of your lower teeth. The purpose of this appliance is to prevent your lower molars from moving forward and allows crowded front and side teeth room to spread out as they transition from primary to permanent teeth. The lower holding arch remains in place until all the permanent teeth in the arch fully erupt after which time it may be removed.

Initially, teeth might feel sore for a few days after placement of the holding arch. Also, you might notice extra saliva in your mouth and modified speech. This is expected and should go back to normal after a few days.

Some parts of the lower holding arch might irritate your cheeks and tongue at first. This usually goes away after a few days but the use of wax will help minimize the discomfort while your mouth is adjusting. Rinsing with warm salt water or a comforting rinse will help bothered areas feel better as well.

DIET

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 holding arch.

CARE

Thorough, but careful, brushing around the appliance is important to keep it and your teeth clean and free from cavities.