



Peel Orthodontics

More Than A Smile



LOWER LINGUAL ARCH

Your Lower Lingual Arch (LLA) is designed to hold space. It should also allow the adult teeth to erupt towards their correct position.

Please ensure you see your family dentist every six months for a professional clean and dental examination.

INTRODUCTION

For the first few days, your LLA will feel strange and bulky, but you will get used to it. You will notice that:

- You produce more saliva, and eating and swallowing is more difficult at first.*
- Your speech is affected. The best way to overcome this is to read out loud and practise the difficult sounds. You will be surprised how quickly you can adapt*
- If it does cause an indentation of the tongue, keep this clean, by brushing it. It should settle within a few days*
- If the attachments on the side of the bands rub against your cheeks, please use the wax we have provided*



DIET

Biting down on hard and sticky foods can loosen your LLA which slows down treatment. To avoid this occurring, try to avoid hard food like popcorn, biting on ice, sticky and chewy lollies such as red skins, roll ups, toffees and chewy muesli bars. Avoid other hard lollies like like minties and red skins.

TOOTHBRUSHING

It is extremely important that you brush your teeth and plate thoroughly. Poor brushing will lead to plaque build-up on your teeth as well as swollen and infected gums; which will bleed easily. The plaque bacteria also make acid, which can make white marks, and even cavities, under your bands. This is preventable, but very difficult to fix later. If your cleaning is not good enough, it may be necessary to remove your appliance and stop your treatment because of the risk of damage to your teeth.

CLEANING

It is important to clean around your bands to avoid any food becoming stuck. Use interdental brushes and floss in these areas as directed by our staff when your appliance was fitted. In addition to this, you should always use a fluoride mouth rinse and toothpaste. Follow the directions on the label.

CONTACT US

If you have any queries, please contact us on 9586 9653, info@peelorthodontics.com, or private message through Facebook. There is an emergency page on our website at www.morethanasmile.com.au . If you still require assistance after hours, please leave a voice message on 0444 579 936 and someone will get back to you.

