

All About the MANDIBULAR (Lower) LINGUAL HOLDING APPLIANCE (LLHA)

Description:

A Lingual Holding Appliance is comprised of stainless steel rings (bands) around posterior teeth (usually molars) and a stainless steel wire that passively contacts the inside (lingual) surfaces of the teeth.

Usage:

The Lingual Holding Appliance (LLHA) is used to preserve and create space in the mandibular (lower) arch and to aid in uprighting of the molars. The appliance is placed on the lingual (tongue) side of the mandibular (lower) teeth. As the lower baby molars are generally larger than the permanent teeth that will succeed them, the LLHA helps to utilize this space to the patient's best advantage.

General Instructions:

Please avoid sticky/chewy candies and gum.

Cleaning:

We suggest patients rinse with water after eating to help clean the appliance. Brush and floss as usual, taking special care to clean around the bands and the palatal arch. A fluoride mouth rinse may also be helpful to make sure that all exposed surfaces of the teeth are protected during appliance wear.

What to Expect:

Upon initial placement, there may be some tongue obstruction, but your speech will be back to normal in just a few days.

Dr. Bronsky's Tip:

Read your favorite book, magazine, etc. to yourself in front of the mirror for five minutes a day – your speech will be perfect in no time.

Remember:

This appliance may be small but it is essential to the success of treatment!



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