

## All About the NANCE HOLDING APPLIANCE (NHA)

### Description:

A Nance Holding Appliance is comprised of stainless steel rings (bands) around maxillary (upper) posterior teeth (usually molars) and a looped stainless steel wire that engages the pre-maxillary region (front of the palate), terminating in an acrylic "button", usually the size of a quarter.

### Usage:

The NHA serves to hold upper molars in place to stabilize the position of these teeth after desired tooth movement has been affected or during movement of other teeth. The NHA can also be used to rotate molars into more ideal positions to improve the bite and to help the molars move as a unit when working together with TADs.

### General Instructions:

Please avoid sticky/chewy candies and gum to prevent loosening the bands and causing distortion of the appliance.

### Cleaning:

We suggest that 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/acrylic button. 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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