

## Holding Arch Patient Instructions

This passive appliance is used to prevent drifting of the adult teeth into areas where teeth are missing (often when primary teeth are lost prematurely). The upper holding arch can also be used to hold the expansion of the upper arch following treatment with an expansion appliance. The lower holding arch can also be used to prevent the inward tipping of lower anterior teeth.

Instructions for Holding Arches:

1. Hard and/or sticky foods will damage and break your appliances and food may get caught up in the holding arch.
2. Your teeth will be sore for approximately one week. Choose soft foods, and you may also use pain medication to help ease your discomfort (Advil, Motrin, etc).
3. You will need to brush after EVERY meal and/or snack. Take your time to ensure that the appliance(s) is clean and shiny with no dull spots. Check in the mirror to make sure all areas have been cleaned. If you notice any food or dull areas, it is important to clean these areas again.
4. Do not play with the holding arch with your tongue or finger(s)
5. Your tissues (cheeks, tongue, etc) will take a few days to adjust to your appliance(s). Use the ortho wax to cover any rough areas that may develop.
6. If you experience any breakages, or damage to your holding arch please call the office and report it. We may need to have you in to make a repair, or adjust your next appointment to allow time for any repairs that may be needed.
7. If you have any concerns or questions with regard to your treatment, please do not hesitate to contact any of our staff members. We will be happy to help you, and answer any questions.

If the holding arch bends, or comes loose call the office immediately to set up an appointment.



Upper holding arch



Lower holding arch