

INSTRUCTIONS FOR YOUR LOWER LINGUAL ARCH

Your Lower Lingual Arch or (LLA) is an appliance that is cemented in the lower arch. The LLA is a space making and maintaining appliance.

Your LLA should not be uncomfortable at all. It may take a couple of days to get used to having something new in your mouth.

Your new LLA is very easy for you to maintain. You have to be careful of what you eat. If you bite into something hard, it can push down on the LLA causing it to bend or distort which could cause discomfort. You need to stay away from sticky foods. Chewing on something like caramel or taffy could cause the bands of your LLA to become loose. Be sure to brush behind your lower teeth. This will not only keep your LLA clean, but it will help keep your gum tissue clean and healthy.

Be sure not to play with your LLA. Pulling or flicking your LLA with your tongue will put stress on the metal and could cause it to break. **If your LLA should break, the repair fee is \$220.00.** Call the office right away for an appointment if something happens to your LLA.

Your LLA will not break with normal wear and care. Your LLA will last as long as you need it with the proper care.

Don't hesitate to give us a call if you should ever have any problems with your LLA.



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