



HILLSIDE VIEW ORTHODONTICS

BY IKEDA + RIGHELLIS

Lower Lingual Arch

- Teeth may be sore after you first receive your lower lingual arch. Over-the-counter pain relievers can help alleviate the discomfort.
- Brush your lower lingual arch and bands with a toothbrush and toothpaste as instructed.
- **Avoid lifting** the lower lingual arch with your tongue, as the wire will eventually break with even occasional tongue lifting.
- If you suspect the band attached to your tooth is loose or if the lower lingual arch should break, call our office to schedule a repair appointment.
- If the band and/or lower lingual arch comes totally out of the mouth, please bring it with you to your repair appointment.