

Lower Lingual Arch Information and Instructions

Patient Name: _____

The Lower Lingual Arch is cemented to the teeth, it is not a removable appliance.

Need to avoid hard, crunchy, sticky foods, or foods that are high in sugar content.

Examples:

- Fruits such as apples, pears, etc ... (you can cut into small portions)
- Vegetables such as carrots, celery, etc ... (can be cut into small portions)
- Candy or sweets high in sugar content
- Avoid ice completely

It is very important that the patient keeps this appliance clean at all times. Patient must maintain good oral hygiene while wearing the lower lingual arch. This means brushing 2-3 times a day and flossing regularly.



Patient/ Parent/ Guardian Signature

Date

Patient Name