

## instructions for lower lingual holding arch (LLHA)



### what does a LLHA do?

The Lower Lingual Holding Arch (LLHA) maintains the shape of the lower arch during growth and development, also maintaining space for the adult teeth to erupt.

### speech

In the first few days your speech will be altered and you will produce extra saliva. This will get better with time and practice. Reading out loud for 5 to 10 minutes a day will help you get your speech back to normal again.

### eating

Whilst getting used to your LLHA, it is a good idea to cut all food into small bite-size pieces, as chewing can be difficult at first. Avoid eating chewy lollies and foods while you are wearing the LLHA e.g. chewing gum, toffees, red skins, etc.

### cleaning your LLHA

Your LLHA should be cleaned every day with toothpaste and a soft toothbrush, morning and night. Ensure sufficient time is allowed to clean thoroughly around the appliance, gums and teeth - 3 minutes is recommended.

Disclosing tablets are to be used once a week for the first month to identify problem areas with brushing. To use, brush your teeth for 3 minutes, chew on a tablet then rinse and spit out remains. Look in the mirror and notice whatever is stained a deep pink color, these are the areas you missed! You must go back over and brush your teeth to remove all of the staining.

When at school, rinse your mouth out with water to remove any remaining food after you eat. You can use the water bottle provided.



**discomfort**

At first, the LLHA may irritate the insides of your cheeks and may cause ulcers, however soon your cheek tissues will toughen up and will start to feel normal again. The ulcers may take a while to heal, so we suggest warm salt-water mouth rinses and the use of soft wax on the metal part that is causing the irritation. Your local chemist can also provide you with an ulcer cream or gel.

**wax**

To use the wax, make the area opposite the ulcer really dry by using a tissue or cotton roll. Break off half a pea size of wax, roll into a ball and place on the metal part that is rubbing. The wax can stay there for a day but should be changed daily. It will also stay while eating.

**what we give you today**

- 4 disclosing tablets. To aid in brushing, instructions found under "cleaning your LLHA".
- Toothbrush. A soft toothbrush to help keep your teeth and appliance clean. You can keep it in your bag or in a car, so you always have one with you.
- Wax. This gives your cheeks time to heal, remember to dry the area first.
- 3 minute timer. This is to be used each time you brush your teeth to ensure that you are brushing for the correct amount of time.
- Water bottle. Drinking 8 glasses of water a day is great for your body, great for your brain and great for your teeth, because it dilutes all of the acid from plaque in your mouth and help prevents cavities.

Please note your water bottle is dishwasher safe and can be placed in the freezer to keep your water cool.