

## Space Maintaining Appliances

There are several different types of orthodontic appliances that can be used as an anchor to hold back the molars allowing the orthodontist to maintain space due to premature loss of baby teeth, teeth missing at birth, or extraction. The Nance button, the Lingual Arch and the Trans Palatal Arch all consist of orthodontic bands (metal rings) placed on the back molars connected with wire and/or acrylic.

NANCE BUTTON



LINGUAL ARCH



TRANSPALATAL ARCH



To ensure the best outcome from your orthodontic treatment proper oral hygiene is a must. Please brush your teeth 3 times a day with a soft toothbrush making sure to angle the bristles of your brush to effectively clean around the wires and attachments. An interdental brush may be used to remove food debris trapped under the wire. Remember to floss your teeth daily.

Initially you may experience irritation to the inside of your cheeks or tongue. You may use the soft orthodontic wax that we provide you to ease the discomfort. If you get minor cuts or scratches on your cheek we recommend warm salt water rinses. The use of Peroxyl, an over the counter mouth rinse made of hydrogen peroxide and mouth wash will also help to keep your tissue healthy. Your tissue will adjust to the appliances quickly and this will not remain a problem.

Please **stay away** from *STICKY, CHEWY, GOOEY, CRUNCHY AND HARD FOODS*. Foods such as gum, caramel, skittles, nuts, popcorn, ice and hard candies will loosen and break orthodontic appliances.

If anything feels loose or uncomfortable please call the office at (508) 347-7540 so that we may assist you.

The Clinical Team at Sturbridge Orthodontics

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