

# ULA / LLA Upper/Lower Lingual Arch

## PATIENT CARE

### What is a ULA / LLA?

- It is used to hold space and maintain the arch length in either the upper or lower jaw. It is used often when there is early loss of baby teeth, and/or late eruption of adult teeth and it is necessary to hold space for unerupted teeth to ensure that other teeth don't drift into their place and cause crowding. This prevention of crowding can decrease the need for the extraction of permanent teeth in the future.
- Now that your lingual arch is in place, eating and talking will take a bit of getting used to. It is very important to have good oral hygiene at all times now that you have an appliance cemented in your mouth, as it is easier for food and bacteria to collect around the appliance and cause inflammation. Make sure you brush around the area of the appliance very well.
- If your appliance becomes loose or if you have any problems, please do not hesitate to call and make an appointment as soon as possible as it is important to fix it as soon as we can.
- Use the dental wax when necessary, as instructed. If you have any persisting ulcers, warm salt water mouth rinses 3 times per day should clear them up in no time.

### DIET

1: **NO** coca cola or any cola soft drinks (this includes diet varieties). Cola is very acidic and FULL of sugar therefore, it can dissolve the cement that we use and cause decay.

2: **NO** chewy sticky foods ie. sticky lollies, caramels, Mars bars, fruit roll ups, etc.

These foods can damage the ULA/LLA and cause it to loosen up or break, and they are expensive to replace.

3. If you eat/drink foods high in sugar, make sure you brush your teeth afterwards or rinse your mouth out with water.

**Having a lingual arch may not be much fun, but it is necessary for your treatment. Follow the instructions exactly, and your treatment will be finished sooner than you think. The short-term sacrifice you make now will be well worth the healthy, beautiful smile that will be yours for a lifetime.**

