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### Holding Arch

Congratulations on your new Holding Arch appliance! This is a fairly simple appliance that will hold the space where the baby teeth are now on the sides to help alleviate the crowding in the front. With this appliance and favorable dental development, hopefully we will not have to remove permanent teeth later to correct the crowding. The appliance needs to stay in until all of the permanent teeth have erupted, and you are ready for your braces.

### Do:

- Brush over the bands and wire with your toothbrush.
- Call the office immediately if the bands in the back come loose or the wire breaks.
- Take Tylenol or Advil if you are comfortable when you first get the appliance.
- Come in to the office to be checked every 3 – 4 months after that.

### Don't:

- Eat sticky, chewy foods such as taffy, Tootsie Rolls, Now and Laters, Jolly Ranchers, caramels. You may chew a small piece of sugarless gum.
- Play with the wire with your fingers or tongue; you could bend or break it.