



CARE AND INSTRUCTIONS FOR A BANDED APPLIANCE (Lingual Holding Arch & Space Maintainer)

- ❖ Bands are “back” braces that are permanently cemented around and between back teeth. Their function is to support some section of braces, or fixed appliances.
- ❖ Although these units are fairly secure, care should be taken not to dislodge them. We would suggest not eating hard foods and candy such as ice or jaw-breakers. Gum should never be chewed while wearing any form of braces. Avoid habits such as chewing on pens and pencils.
- ❖ Cleaning your appliance is accomplished by brushing around ALL metal parts and teeth with your normal toothbrush and toothpaste.
- ❖ If the bands come loose or if anything breaks, please call our office so we can plan to repair the band or appliance.

Dr. Gary Cartwright and Staff