

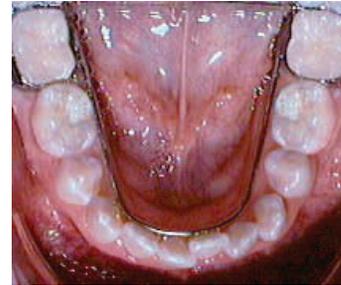
# Lingual Bars



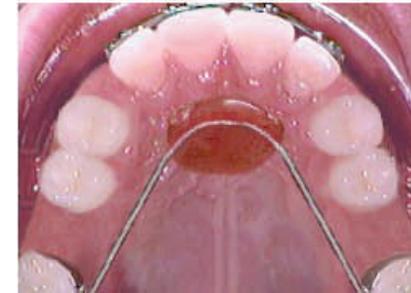
A **Lingual Bar** or **Nance Holding Bar** attaches onto the back molar bands on the inside next to your tongue. This bar may only be on the top teeth, bottom teeth, or can be on both top and bottom teeth at the same time. Sometimes there is a plastic pad on the roof of the mouth for added comfort. There are many uses for the **Lingual Bar**, such as holding your back teeth in their position while pulling your front teeth together. The **Lingual Bar** can also be used to hold space for your adult teeth if baby teeth have already fallen out.

You may find that your teeth hurt for up to one week after placement. Use your orthodontic wax if any areas are sharp. You can take some over-the-counter pain relievers if you wish. Try not to flip it up and down with your tongue as this will loosen the molar bands that are attached to the **Lingual Bar**. **Please be patient as the initial discomfort will disappear in a few days.**

Lower Lingual Arch



Nance Holding Bar



Upper Lingual Arch



PLEASE NOTE: ALL OF THESE DEVICES HAVE A SAFETY LOCK TO PREVENT DISLODGEEMENT. IF THE SAFETY WIRE COMES LOOSE PLEASE CALL US TO ARRANGE TO BE SEEN. THIS IS AN EMERGENCY ONLY IF THE BAR HAS COME OUT OF THE MOLAR TUBE.

## Habit Controller

In order to help stop habits which can hurt your teeth, we can add small fences or spurs to a **LINGUAL BAR**. The fence will remind you to keep your thumb or finger out of your mouth. The spurs or points are added to remind your tongue to stay back and away from between your front teeth. Both of these extra parts are uncomfortable for a few extra days but will be removed as soon as you can control your finger or tongue habit.



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**ORTHODONTIST**

**THE BRACE PLACE®**  
*Smiles corrected while you wait*

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## Quad Helix

A Quad Helix is a device similar to a Lingual Arch but instead of holding teeth in their present positions it will widen or expand the back teeth. This is usually done in growing children but can at times be used for adult patients. It attaches onto the top back molar bands and is activated or widened at each visit. It remains in place for about 4 - 6 months. Because of its design it may be harder to remove food from the small loops but with practice most patients manage when you use the special brushes available from our office.

Quad Helix Expander



### CALL 911 IF:

- A serious accident occurs to the face or teeth or;
- A piece of the appliance is inhaled or prevents breathing.