

## HOLDING ARCHES

Holding arches are placed to hold what has been gained from the expanders once the expanders have been removed. The holding arch consists of two bands that fit around the back molars, with a wire that runs behind the teeth on the lower, and touches the front. On the upper, the wire goes across the roof of the mouth and has some extensions that run along the teeth up forward. The wires behind the teeth usually remain in place until the primary teeth fall out, while the phase I correction stabilizes.

The holding arches usually do not cause discomfort. Sometimes there may be some pressure on the tissue of the tooth on which the band is placed. That pressure quickly disappears and Orabase can be placed on the tissue and warm salt-water rinses are helpful while the tissue is getting use to the band.

The bracket on the band can rub the cheek. When this happens, wax can be placed over it to soothe the rub of the band on the cheek, while it becomes accustomed to the bracket being there.

Occasionally the band around the tooth can become loose. If it becomes loose, try to keep it on the tooth so that it does not get bent. Call the office so that we can re-glue it as quickly as possible. If the band is not causing you any discomfort, it can wait until the next day, or if it is over a weekend, until Monday to be re-glued.

Sometimes a band or wire can break. There is nothing indestructible that we can place in the mouth. Please call the office in the event of a break, and the problem will be corrected as soon as possible. **It does not need to be corrected immediately if it is not causing you any discomfort**, however, we do not want it to go too long without repair or what has been gained with the expansion will be lost.