

## Lingual Holding Arch, TPA, Nance Appliance

A **lingual holding arch** is an orthodontic device that connects two molars in the upper or lower dental arch. The lower lingual arch has an archwire adapted to the lingual (inside) of the lower teeth. In the upper arch, the archwire is usually connecting the two molars across the roof of the mouth and is commonly referred to as "**Transpalatal Arch**", or **TPA**. We also utilize a **Nance holding appliance, or NHA**. The NHA serves to hold upper molars in place to stabilize the position of these teeth after desired tooth movement has been affected or during movement of other teeth.

These appliances all have similar applications and are considered "passive" appliances. No active movement takes place and patients adapt very easily.

These appliances generally do not need adjusting however, we will see your child for periodic check-ups to make sure the appliance is not loose and does not need any adjustment.

- **Do** brush well- your teeth and all parts of your appliance. If there is debris left on the teeth or appliance, the gum tissue can become swollen and possibly uncomfortable. This is your body's way of letting you know things are unhealthy in your mouth.
- **Don't** eat hard, crunchy, or chewy foods. These foods can damage or break the appliance. There will be a charge to repair or replace the appliance due to breakage. **Some examples of things to avoid are caramel, taffy, nuts, popcorn, chewing on ice.**
- Sugar-free gum is ok to chew- 1 piece at a time.

