



# E-ARCH

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**THACKER ORTHODONTICS**

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## PURPOSE OF THE APPLIANCE:

The “E-Arch” is used to help create space for crowded lower teeth.

- The E-Arch is typically in place for 4-8 months.
- The E-Arch is non-removable; it is cemented to the lower back teeth.

## ADJUSTMENTS EXPECTATIONS:

Adjustment to the E-Arch may take 4-7 days.

- The tongue may become tender where it contacts the E-Arch.
- Wax applied to the bands in the back will help ease the adjustments to the bands.
- Use wax on the bands beginning the first day.
- Wax applied at bedtime will help.
- Eating softer foods and smaller bites will help the adjustment time.
- Speaking more slowly will help the initial adjustment.

## DISCOMFORT:

You will experience some discomfort of the teeth and cheeks.

- Take Ibuprofen or non-aspirin pain medication as you would for a headache.
- Oral rinsing with warm salt water will help the adjustment.

## HOME CARE:

- Brush 3-4 times each day (especially after eating)
- Brush around the E-Arch to remove food and plaque three times daily.
- Floss your teeth and around the E-Arch.
- Use your fluoride nightly as directed.

## SPECIAL ISSUES:

The E-Arch can be bent or damaged by eating chewy or sticky foods or playing with the appliance with the fingers or tongue.

- In the case of injury or damage you will need to call Dr. Thacker’s office to schedule an appointment.

**GOOD LUCK ON YOUR ROAD TO A NEW SMILE!!**