



Nance/LLA Instructions

What is a Nance? A Nance is an orthodontic appliance which is used as a Space Maintainer or Anchorage Device for upper teeth during Orthodontic treatment.



What is a LLA? A LLA is an abbreviation for Lower Lingual Arch. It is an orthodontic device that helps maintain space for the lower teeth. This maintains the space necessary for future orthodontic treatment.



How should I care for my appliances? Avoid foods that are hard and/or sticky. Examples include gum, caramel, taffy, Tootsie Rolls, fruit snacks, hard candy, crisp vegetables, crunchy fruits, hard breads/crackers, pizza crusts, pretzels, popcorn, etc. Cut all meat off bone, corn off cobs, and peel and slice fruits and vegetables to promote easier consumption and reduce appliance breakage.

Absolutely no chewing on pens, pencils, erasers, ice, fingernails, etc.!

How do I brush with my appliance? Brush and floss as normal around the appliance, as well as your gum tissue around the bands and your tongue each time you brush. Dr. Smith highly encourages the use of Waterpiks to promote and maintain optimal oral hygiene.

How do I manage discomfort? Any pain or discomfort can be managed with ibuprofen (Advil or Motrin) or acetaminophen (Tylenol). We also encourage using wax if you experience any sore spots on your gums or cheeks.

Experiencing issues? Do not pick or pull on the appliance. If the appliance becomes loose or broken, please call us immediately to make an appointment to have it repaired or replaced. Please note, should the appliance need to be remade, you will be responsible for any additional lab costs associated with doing so.

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