

Family Smile Center, LLC

Telephone (301) 663-9484

**HOLDING ARCH LIP BUMPER
(HALB)**

You have just had a lower holding arch wire and lip bumper (HALB) placed. The holding arch wire is two bands with a wire soldered to them. This wire runs behind your teeth and expands your lower arch. These bands are connected to your teeth so the appliance stays in place. You should check these bands every time you brush. If either of the bands becomes loose, or the wire causes you any problems please call the office right away. **DON'T WAIT FOR YOUR APPOINTMENT.**

The lip bumper runs in front of your teeth to “bump” your lip away from your teeth so your teeth will move into place. The secret to making this appliance work is to keep your lips together. The appliance stays in your mouth also while you are eating, please don't eat **HARD** or **STICKY** foods you could do damage to your **HALB**, it should **NEVER** be out of your mouth for any reason.

After each meal you should brush your teeth thoroughly. Make sure you brush behind the lip bumper, it is very important to keep your teeth very clean while this appliance is in, or you may get cavities. You may remove the lip bumper to better brush your teeth but replace it promptly.

I hope this will explain how to take care of your lower holding arch wire and the lip bumper. If you have any questions or problems concerning the (HALB) that was placed today please don't hesitate to call the office.

Sincerely,

Peter W. Cha, D.D.S.