



What Are Levy Lingual Ledges?

Levy lingual ledges are **small shelves bonded to the back of the upper two front teeth**. The lower front teeth will bite on these shelves and will prevent your back teeth front touching when biting. This will allow the back teeth to erupt or **“grow” together** over the next 3-24 months (based on your age and the height to erupt).

Philip H. Levy, D.D.S. from New York, originally created this technique to correct deep skeletal bites. We, at Jackson Creek Dental Group, have used this technique hundreds of times over the last 15 years.



The benefits of using the lingual shelves are numerous. For children, many problems caused by an overclosed mandible can be corrected. For adults, these same problems will be helped dramatically.

1. Will **facilitate orthodontic correction of deep bites** by shortening the time and improving the effectiveness.
2. Allows for **opening the deep dental bite** for properly placing and aligning crowns and bridges for adults with worn, overclosed bites.
3. Allows mandible to obtain a natural physiological rest position, by **freeing retruded condyles** to reposition to a more normal position, correctly centered in the glenoid fossa (temporal bone).
4. By creating the proper vertical dimensions (proper spacing between the upper and lower jaws) right from the start of treatment. **Needed restorative dentistry can now be done over several years.** This is in contrast to full mouth reconstruction dentistry having to be done all at once, where every tooth in the mouth has to be crowned in order to open the bite. This is a very important consideration for most people.
5. Will **improve chronic headaches**, tinnitus, stuffiness of ears, etc. due to mandibular overclosure.
6. Allows **mandible to move forward** in many cases.
7. Will improve facial contours and provide a mini **“face lift”** by restoring worn down teeth.
8. Has been shown to be an **effective treatment for chronic ear infections** (Otitis Media).
9. **Improves** day and night time **breathing** by creating more room for the tongue.
10. Allows the **tongue to change** from a lateral tongue splinting rest position to a normal upper position within the palatal vault.
11. Lastly, but not the least important, is the **cost is very reasonable compared to any alternative.**

What to expect after the Levy Lingual Ledges are placed.

1. Your back teeth will not be touching for a while.
2. The **first day** you will wonder why we talked you into this! The first day is the most uncomfortable. You will not likely be able to eat everything you did before, for several weeks. This is normal.
3. After the **second to third day** you will get a little more used to your bite. You will be able to eat a little better. If you have had headaches, you might notice a reduction.
4. After **one week**, your bite may still be “annoying”.
5. After **one month**, you will still be aware but not annoyed.
6. After **two to three months**, you will hardly notice we did anything, accept for the advantages.

Congratulations! You are in the process of receiving the latest that dentistry has to offer to improve your life.