



## Space Maintainer Care Instructions

The purpose of your child's space maintainer is to keep open/maintain the space needed for a permanent tooth that has yet to erupt. It will be left in place up to the time when the new permanent tooth can be seen breaking through the gum tissues.

### Diet

- No eating or drinking for 30 minutes after the appointment. The cement needs to securely attach itself to the appliance and the tooth.
- No eating or chewing of hard or sticky foods (toffee, gum, chewy or hard candy). These foods may distort or dislodge the appliance. Vegetables and nuts are fine.

### Oral Hygiene

- Brush along gum line where the spacer is attached. Plaque can collect in this area and make the gums irritated and sore.
- Floss underneath spacer, this can be done with regular floss by the area that is not cement and then underneath the wires.
- Maintain regular hygiene appointments, we need to examine your child every 6 months to ensure the spacer is fitting well and remove it when required.

### General Facts

- Please do not allow your child to manipulate the appliance. Keep his/her fingers out of their mouth.
- The appliance should not cause significant pain, but occasionally the molar bands may impinge on the tissue and cause some slight discomfort for a few days.
- It may take your child a few days to get used to the new spacer. They may experience an increase of saliva production which can cause a change in speech or drooling until they get accustomed to the appliance.
- **If the spacer falls out, please contact our office as soon as possible to re-cement the appliance before the teeth begin to shift.**