



We have recommended and placed a space maintainer(s) in your child's mouth to either maintain the space for erupting permanent teeth, or to maintain the current position of already erupted teeth. Please read the information below which will allow you to care for your child's space maintainer in the best manner possible.

Diet - All of our space maintainers are cemented with strong dental cement, however, the space maintainer still can be dislodged if the wrong types of food are eaten. We do not recommend that your child eat any of the following: caramels, taffy, hard candy, chewing gum (any type), gummy bears, jolly ranchers, ice cubes, hard crunchy foods, or any sticky, chewy food. Sugary foods should be kept to a minimum.

Oral Hygiene - While almost all of our space maintainer designs are easy to clean, your child must have above average oral hygiene. Space maintainers will catch extra food debris and plaque so your child will have to make an extra effort in brushing and flossing to maintain healthy gums and teeth.

Periodic Evaluation - Patients with space maintainers should be seen by the dentist at a minimum of every 6 months for routine examination and evaluation of the bite, fit of the bands, and proper tooth eruption. Failure to return for follow-up visits can lead to gum problems, cavities, and crooked teeth. The dentist will monitor your child's development and remove and/or adjust the appliance when needed.

Patient Cooperation - The space maintainer is not a toy. Do not "flip" the appliance with the tongue, because it may loosen the fit. Do not pick at the wires or bands with fingers.



Loose Space Maintainer - Should the space maintainer come loose for whatever the reason, call the office immediately. If the space maintainer is loose enough to come out of the mouth, place it in an envelope, store it in a safe place, then call the office. Many times a loose space maintainer can be easily re-cemented if the appliance has not been bent or broken and your child is seen as soon as possible. A delay in getting in for an appointment could cause the need for the space maintainer to be remade.

Patient Comfort - There should not be any pain or discomfort with space maintainers since they are passive appliances (they do not move the teeth like braces). Pain or discomfort could be an indication that something is wrong. Please call the office if your child has any pain or discomfort. With a new space maintainer there may be an initial accommodation period of a few days to a week. During this time there may be an initial difficulty in speech. This will typically resolve in the first few weeks. Having your child read aloud will help their speech adjust more quickly.

If your child is having trouble adjusting to the appliance in any way, please call our office. 214-935-3764 dentalsmartkids@gmail.com www.dentalsmartkids.com