

SPACE MAINTAINER

We placed a space maintainer in your child's mouth to hold a spot for a permanent tooth or to keep teeth from shifting. Please read these simple tips to help care for it.

Space maintainers are held in place with strong dental cement, but certain foods can loosen them. Please make sure your child avoids these foods:

- Sticky & Chewy Foods: Caramel, taffy, any chewing gum, gummy bears, etc.
- Hard & Crunchy Foods: Hard candy, ice cubes, jolly ranchers, etc.
- Keep sugary foods to a minimum.

Space maintainers can trap extra food and plaque, so your child needs to be an excellent brusher. They'll have to take extra time to brush and floss around the space maintainer to keep their teeth and gums healthy.

It's important that your child sees us at least every six months for a check-up. We'll make sure the space maintainer fits correctly and that the permanent teeth are coming in as they should. Not coming in for these visits could lead to new cavities or crooked teeth.

Important Reminders

- Don't Play with It: The space maintainer isn't a toy. Tell your child not to push on it with their tongue or pick at it with their fingers, as this can loosen it.
- What to Do if it's Loose: If the space maintainer feels loose or falls out, call us right away! If it comes out, put it in a small envelope or bag and store it somewhere safe. We can often re-cement it easily if you bring it in quickly.
- Getting Used to It: It might feel a little strange at first. Your child's speech may be a little different for a few days to a week. Having them read out loud can help them adjust faster. If they are having any trouble, please let us know.
- As a courtesy, space maintainers are re-cemented or replaced once free of charge within 3 months of placement. At the second occurrence or after 3 months, we may charge a fee to re-cement or to replace your child's space maintainer.

