

Space Maintainer Home Care Instructions

Southern Maine Pediatric Dentistry 207-773-3111

Type of Appliance:

- Unilateral Spacer Bilateral Spacer
 Distal Shoe Other

The following suggestions regarding the care of your child with a space maintainer should be followed unless otherwise noted by your doctor:

- 1) Discomfort and Pain: Only minor discomfort or sensitivity is expected after the placement of a space maintainer. Medications such as Tylenol or Advil usually control this discomfort.
- 2) Diet: Avoid all sticky, chewy, and gummy foods and candies; i.e. gum, taffy. Eating sticky foods may pull off the space maintainer.
- 3) Oral Hygiene: continue normal brushing and flossing even around the space maintainer.
- 4) Re-cementation: Occasionally a space maintainer may come loose, or come out, and need to be re-cemented. Please call the office in the event of a loose or lost space maintainer. If your child's appliance comes out, please bring it with you to the office. We will re-cement the appliance as a courtesy the first time. The need for additional re-cementations will incur a fee.
- 5) The appliance should remain in place until the adult tooth starts to come in.
- 6) If a distal shoe appliance has been placed it will need to be replaced once the permanent tooth erupts. Your child has been placed on a
 6 month 1 year Other _____ follow up.

Signature

Date