

## **Space Maintainers**

We have placed a space maintainer in your child's mouth to maintain the space for erupting permanent teeth. It is normal to have some discomfort in the area of the space maintainer for a few days. Diet: All space maintainers are cemented but patients are advised to avoid hard, chewy candy.

Oral hygiene: space maintainers can catch food debris and plaque. It's important to brush well and keep the area clean.

Periodic Evaluation: Patients with space maintainers should have a dental checkup every 6 months to evaluate tooth eruption. Once the permanent tooth is ready to erupt the dentist will remove it.

Maintenance: If the space maintainer becomes loose or comes off please keep it and contact the office to have it recemented as soon as possible to ensure fit.