



Amy Maxwell, DDS, MS
Swati Rastogi, DDS, MS
Ranya Al-Hadidi, DDS, MS
Hunter Hazle, DMD
Jashleen Bedi, DMD, MS

CARE OF YOUR SPACE MAINTAINER, STAINLESS-STEEL CROWN and White Crowns

The following information may be useful in helping your childcare for the appliance. The spacer had been carefully fitted to your child's mouth and then cemented in place with a dental adhesive. Under normal circumstances, it cannot be removed except by the dentist.

GENERAL CARE: The appliance may be uncomfortable for the first few days. Swallowing or eating may be difficult until the child adjusts. Occasionally, the tongue can be irritated until the child adjusts. Some children benefit from a pain reliever such as Tylenol or Motrin.

BRUSHING: Be sure to brush your teeth and appliance after eating. Look in the mirror and make sure that your teeth and gums look clean. The appliance should have a "shiny" silver color, clear of food and plaque (seen as a white film on the appliance).

DIET CHANGES: To lessen the risk of damage to the appliance, don't bite down on hard candy, hard pretzels, ice cubes or anything else hard. Pulling sticky food off the wire will bend it and cause damage to the teeth it is attached around. It is best to avoid chewing gum, bubble gum, sticky candy such as fruit roll-ups, skittles, caramel, peanut brittle, star bursts, taffy, tootsie rolls, etc., as they can become entwined in the wires.

Beverages with high sugar or acid content will damage the teeth, so avoid pop, clear pop, fruit flavored waters, or more than one serving of fruit juice per day.

Please remind your child not to "play" with the wires with their fingers, tongue, or other objects like bobby pins: this will cause the wire to bend or break.

FLUORIDE: If your child is able to swish and spit, the doctor recommends a fluoride mouth rinse such as ACT, or prescription fluoride toothpaste. Careful use of these agents will reduce the likelihood of decay.

FUTURE NEEDS: The space maintainer may need alteration when the permanent tooth erupts. The appliance will be checked every six months at the recall appointment.

CAUTION: If some part of the appliance becomes loose or broken, call for an emergency appointment at (248) 478-3232.

AVOID: Hard foods, Sticky foods, Foods high in sugar, Content

HARD FOODS: May do damage by bending wires, loosening cement under the bands or breaking the little brackets and tubes which are attached.

STICKY FOODS: Damage appliances by bending wires and pulling cement loose.



Amy Maxwell, DDS, MS
Swati Rastogi, DDS, MS
Ranya Al-Hadidi, DDS, MS
Hunter Hazle, DMD
Jashleen Bedi, DMD, MS

FOODS HIGH SUGAR CONTENT: Avoid whenever possible. If you do eat any of them, brush your teeth immediately. If not convenient to brush, then always rinse your mouth with water after eating very sweet foods such as cake or pie.

NEVER OK:

Popcorn, nuts, peanut brittle
ICE (not even if you're careful)
Lemons (pure lemon juice can hurt your tooth enamel)
Corn-on-the-cob
Corn chips, crisp tacos
Caramels
Bubble gum or any type of gum.... a thousand times NO!!!

OK only if: Hard crusty bread- break into small pieces and be very careful
Apples- cut into wedges...do not bite into whole apple
Carrots- cut into curls using vegetable peeler