

CARE OF YOUR SPACE MAINTAINER

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 for Novi location, and Brighton location call 248.329.0357