

Space Maintainers

(Upper = Nance; Lower = LLHA)

1. The purpose of this appliance is to hold space for the permanent teeth to erupt. The use of space maintainers can decrease the number of children who require removal of permanent teeth later on.
2. It is not unusual for the teeth to be sore for a few days after placement of the appliance. If there is any discomfort, you may take acetaminophen (Tylenol) or ibuprofen (Advil, Motrin).
3. Patients often report a bad taste in their mouth after the cementation of the appliance. This will go away within a few hours.
4. The appliance bands (silver rings) are cemented (glued) to the teeth with special dental adhesive. Biting into hard or sticky/chewy foods (Jolly Ranchers, suckers, nuts, taffy, bubble gum, Starburst, etc.) will crack the glue and loosen the ring. They may also cause the ring to become broken or deformed. This requires a longer appointment for repair and the use of the "yucky" glue. Sugarless gum is a safe alternative. If anything breaks or comes loose, please call us to schedule an appointment. Additional costs may be incurred to cover lab expenses for repeatedly broken appliances.
5. Brush and floss normally around the rings. If food becomes stuck under the wire or plastic button, a floss threader can be used to guide floss underneath the appliance. Superfloss is very handy and can be found in any oral care aisle. A waterpik, a manual water "squirt" (please ask our staff) and swishing water vigorously in the mouth are also very helpful.
6. If the rings rub any sore spots, cover the offending area with the wax provided. Patients usually find that the tissues "toughen up" after a short time and wax is no longer needed.
7. If you miss an appointment, please call to reschedule as soon as possible.