



ENGINEERING SPECTACULAR SMILES WITH SUPERIOR SERVICE FOR AMAZING PATIENTS[®]

SPACE MAINTAINER INFORMATION

Your space maintainer is designed to minimize the development of additional crowding of the teeth. The overall objective of this stage of treatment is to facilitate the uneventful eruption of adult teeth still in the bone. Bring your space maintainer to every visit. As an integral part of your health care, please assist us by following these guidelines.

WHEN TO WEAR YOUR SPACE MAINTAINER

- Wear your retainer 14 hrs/day (at home and to bed every day) for the first few days just to get more comfortable with it. Do not take your retainer to school.
- Don't wear the appliance when drinking very hot/cold liquids, when eating, or when playing sports as this may distort or break the appliance.
- Continue to wear the appliance regardless of loose baby teeth and erupting adult teeth. If you discontinue wear the appliance will no longer fit properly.
- Be sure to seat your appliance fully into position to ensure proper function.

HOW TO CARE FOR YOUR SPACE MAINTAINER

- Gentle insertion and removal from the back of the appliance will prevent distortion.
- When wearing just to bed, fully brush and floss before inserting your appliance. In the morning rinse your appliance and drop it in a fresh glass of clean water for the day.
- You may occasionally brush your appliance with toothpaste, of course rinse it thoroughly afterwards.
- Polident/Efferdent can be used occasionally for added cleaning but too much use can destroy your appliance.
- Don't leave your appliance where a pet can chew on it.
- Don't wrap the appliance in a napkin or tissue; you may accidentally throw it away.
- There is a charge to replace or repair a broken or lost appliance.

WHAT TO EXPECT FROM YOUR SPACE MAINTAINER

1. Sore teeth and gums may occur during the first week of wear.
2. Difficulty speaking may occur but will subside within the first week.
3. Salivary flow increase can be expected during the first several days.
4. Difficulty swallowing during the adjustment period is rare but can temporarily occur.
5. You will not be able to bite all the way down, this is normal. Do not try to bite all the way down or you will break, dislodge and/or wear down the space maintainer.
6. The ability to flip the appliance out with your tongue is normal...but don't do this. The appliance will not function properly if not worn completely in place!