

## Space Maintainers



### What to expect

When a space maintainer is first placed, there may be slight difficulty with eating & speaking as your mouth adapts to the new appliance. An increase in salivary flow may also be evident. This is normal & will subside with a few days. We also provide wax you can place on any of the metal parts to help with any sores/irritation that may occur while your cheeks gets used to the appliance. Warm salt water rinses are a great way to heal those irritations!

### Oral Hygiene

Brushing & flossing your teeth with space maintainers may be more difficult, since there are more places for food & plaque to collect.

- You should brush your teeth a minimum of 3-4x/day: after eating breakfast, lunch & dinner & before going to bed. You should also brush your teeth after eating snacks. Flossing should be done nightly.
  - If you cannot brush after lunch, rinse your mouth thoroughly with water & brush your teeth as soon as possible.
- You should brush your teeth for 3 minutes at a time. You can use an egg timer in the bathroom to keep track of the time which you spend brushing.
- If proper oral hygiene is not followed during treatment, you are at risk for decalcification or “White Spots.”

### Diet Modification:

#### Avoid Sticky/Chewy/Hard/Crunchy foods

Sticky/Chewy/Hard/Crunchy foods can cause damage to your appliances by breaking them or causing the metal orthodontic bands which are on the back molar teeth to become loose. Examples are as follows:

- |             |                   |                  |                               |
|-------------|-------------------|------------------|-------------------------------|
| • Toffee    | • <b>GUM</b>      | • <b>Popcorn</b> | <b>Also avoid chewing on:</b> |
| • Taffy     | • Swedish Fish    | • Mints          | • Mouthguards                 |
| • Skittles  | • Sour Patch Kids | • Jolly Ranchers | • Pen caps                    |
| • Twizzlers | • Milk Duds       | • Lollipops      | • Pencils                     |
| • Starburst | • Tootsie Rolls   | • Thick pretzels | • Fingernails                 |
| • Gummy     |                   | • Jawbreakers    |                               |

### Foods with high sugar content

High amounts of sugar in your diet can lead to a significant increase in the risk of getting cavities or developing permanent markings on your teeth. Avoid beverages like soda, Gatorade/Powerade during treatment to minimize your chance of permanently scarring your teeth.

Please call if there are any further questions

- If you play sports, drink water or limit the amount of Gatorade/Powerade you drink to only practices/games. And when drinking Gatorade/Powerade, do not sip on it over a long period of time and rinse with water after.

Please call if there are any further questions