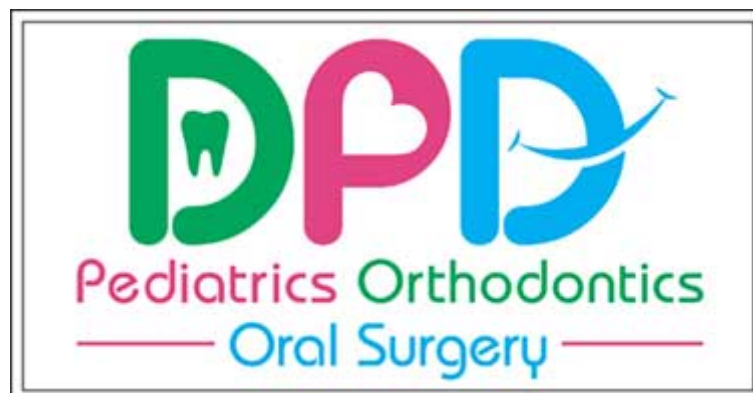


Post Space Maintenance Instructions

- **Cement:** Bands are cemented to teeth with orthodontic-type cement. The cement that holds the crown on the tooth requires up to 48 hours to achieve its final set. Your child may have some discomfort during the initial few days following the placement; this is very similar to the placement of orthodontic bands or wires. For discomfort use children's Tylenol, Advil or Motrin as directed for the age of the child.
- **Diet:** Please avoid eating for 2 hours and stick to soft foods today, such as pancakes, scrambled eggs, ice cream, spaghetti, etc. To avoid the cost and time of replacement, please avoid sticky foods such as Taffy's, caramel's, gummy bears, etc. that can pull the bands or space maintainer off the tooth. Avoid these foods!
- **Oral Hygiene:** Please keep the tissues around the bands very clean, especially at the gum line. Use a soft toothbrush and floss to clean at least twice daily. Please help your child to brush in this area, if necessary. Food and debris may get trapped in the spacer, rinsing vigorously with water after meals can help minimize this problem.

Flossing can sometimes be difficult in these areas. We recommend using string floss instead of flossers (on a handle) as the string can easily be pulled out instead of tugging on the space maintainer. A Waterpik can be a great cleansing aid as well. Please feel free to ask our team with any questions.

- **Future Consideration:** If the spacer becomes loose or dislodged please call our office. If it falls out completely put it in a baggie and bring that with you to your appointment to have the spacer re-cemented if it has not been altered in shape.



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