EASTSHORE PEDIATRIC DENTAL GROUP
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After-Visit Guide: Space Maintainers

A space maintainer (spacer) holds room for a permanent tooth after a baby tooth is lost early. These tips will help protect your child's appliance and keep the surrounding teeth and gums healthy.

1 Eating & Drinking

- Today: Start with soft foods if your child's mouth is tender. If numb, wait until normal feeling returns before chewing.
- Avoid sticky or hard foods: No gummies, taffy, caramel, chewing gum, hard candy, ice, popcorn kernels or very crunchy foods. These can loosen or bend the spacer.

2 Brushing & Flossing

- Brush carefully: Brush twice daily with fluoride toothpaste, including around the bands, wires and gumline. Food can become trapped around the appliance.
- Floss daily: Help your child clean around the spacer using a floss threader or other tool recommended by our team. Do not force floss under a wire.

3 Protect the Appliance

- No playing with it: Do not pull, push or flip the spacer with fingers or the tongue. Avoid picking at the wire or band.
- Not a removable toy: If your child has a removable appliance, follow the specific wear and storage directions provided by the dentist.

4 Comfort & Follow-Up

- Getting used to it: A new spacer may feel unusual for a few days. Mild tenderness can occur, but ongoing pain, sores or difficulty chewing are not expected.
- Regular checkups: Keep appointments, typically about every 6 months or as directed. We will check the fit, clean around the spacer and monitor the permanent tooth.

Call Us If Your Spacer Is Loose or Uncomfortable

If the spacer comes loose, breaks, bends or comes out, call (510) 964-0168 promptly. If it falls out, save it in a clean container and bring it to the appointment. Do not attempt to glue or repair it at home. Call for persistent pain, swelling or sores. If there is choking or trouble breathing, seek emergency help immediately.

Please follow any different instructions provided by your treating dentist.