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POST-OP INSTRUCTIONS FOR SPACE MAINTAINERS

1. Avoid chewing gum, sticky sweets, toffee, jelly beans, or caramels, etc. These things can pull the bands off the teeth.
2. Don't tug or push on the space maintainer with your tongue or fingers.
3. Keep space maintainers clean with conscientious brushing and flossing.
4. If a band comes loose, contact our office immediately so the space maintainer can be recemented as soon as possible to avoid teeth shifting.
5. Most children easily adjust to them after the first few days. Please feel free to call our office if you have any questions.
6. Continue regular dental visits to determine when your child's space maintainer is ready to be removed.