



ABSOLUTE
ORTHODONTIC SERVICES
SPACE MAINTAINER

Now that your space maintainer has been fitted, there are some important points to remember.

- * Your space maintainer is a passive appliance and should not exert any pressure on your teeth. It is unlikely that your teeth will hurt, however if you need some pain relief then take Panadol according to the dosage on the packet.
- * Sometimes your cheeks or tongue next to the molar bands can get tender. If this happens, dry the bands with a tissue and place some 'relief wax' over any sharp edges. You can also rinse out your mouth with warm salty water to help reduce the tenderness and help any ulcers to heal more quickly.
- * Brush your teeth normally, but, you need to very carefully clean the back teeth that have molar bands fitted around them.
- * Avoid eating sweet and sticky foods such as Minties, Fantails, toffees, etc, as these can cause your space maintainer to become loose or break.
- * As a rule, biting into any hard foods should be avoided as this can seriously damage your space maintainer, causing you discomfort or pain. Your treatment can be slowed down by damaged or broken appliances.

If you have any problems with your space maintainer, or if it breaks or becomes loose, please contact your Orthodontist immediately.

Your Orthodontist will make special arrangements for you to go back and see them to monitor the progress of your space maintainer and make any necessary adjustments.