

## **Post-op Instructions after Space Maintainer**

We are pleased to have successfully placed your child's space maintainer today. This appliance is held in place with permanent cement and is designed to preserve the necessary space for their adult tooth to grow properly.

### **What to Expect in the Coming Days**

As your child's mouth adjusts to the new appliance, you may notice some extra drooling or slight changes in their speech. Please don't be concerned; these are very common reactions that typically resolve within two to three days as they become more comfortable with the feel of the maintainer.

### **Keeping the Appliance Secure**

To ensure the cement bond stays strong, we ask that you help your child avoid sticky or chewy snacks like gummies, caramels, taffy, Skittles, and gum. These treats can easily tug the appliance loose. If the maintainer does happen to come out, please place it in a small bag and call us right away so we can reattach it for you. Similarly, if your child mentions that the appliance feels loose or "wobbly," please reach out to us so we can take a look and make sure everything is still positioned correctly.

### **Maintaining a Healthy Smile**

Excellent oral hygiene is the best way to ensure this process goes smoothly. We recommend assisting your child with their brushing routine, paying extra attention to the area where the appliance meets the teeth and gums to keep everything clean and irritation-free.