

## Post-Operative Instructions for Space Maintainer

Thank you for ensuring your child received their space maintainer, which is essential for proper dental development. To guarantee the device functions effectively, please follow these aftercare instructions:

### Immediately After Placement

- **Mild Irritation:** Minor discomfort or irritation from the device is normal. Use over-the-counter pain relief if necessary and rinse with warm salt water.
- **Eating Habits:** Encourage soft foods for the first few hours following the placement. **Avoid sticky, chewy, or hard foods** that could dislodge or damage the space maintainer.
- **Speech:** It's normal for your child to experience slight speech difficulties initially. Encourage them to practice speaking at home to adjust more quickly.

### Oral Hygiene

- **Brushing:** Teach your child to brush carefully around the space maintainer. It's essential to keep the area clean to prevent plaque buildup and gum disease.
- **Flossing:** If applicable, use floss threaders to clean around the device. **Maintaining oral hygiene is crucial.**
- **Rinsing:** Using a fluoride mouth rinse can help maintain oral hygiene and protect the surrounding teeth.

### Activity and Habits

- **Chewing:** Advise your child against chewing on hard objects like pencils or fingernails to prevent damage to the space maintainer.
- **Sports:** If your child engages in sports, **consider a mouthguard** to protect the space maintainer and other oral structures.

## If the Space Maintainer Becomes Loose

- **Immediate Action:** Should the space maintainer become loose, remove it safely from your child's mouth to prevent any risk of swallowing or choking.
- **Storage:** Place the space maintainer in a zip-lock bag to keep it clean and secure.
- **Contact Us:** Call our office immediately to schedule an appointment for recementation. It's important to address this issue promptly to continue the effective treatment.

## Regular Check-Ups

- **Monitoring:** Keep an eye on your child's comfort and the condition of the device. Regular dental visits are essential to ensure the space maintainer is functioning correctly and to make adjustments as needed.

## When to Contact Us

Please contact our office immediately if your child experiences:

- Increased pain or discomfort that doesn't improve with over-the-counter medication.
- The space maintainer loosens, breaks, or causes significant discomfort.
- Issues with eating or speaking that persist beyond a reasonable adjustment period.

Following these instructions will help ensure the space maintainer works as intended and contributes to the healthy development of your child's permanent teeth. If you have any questions or concerns, please don't hesitate to contact our office at 571-210-2771.