

## Taking Care of your new Spacer

We want you to have the best possible results with your new spacer, but that cannot happen without your cooperation and hard work. Please feel free to ask the doctor or any of his assistants if you have any questions or concerns. The following is provided for your benefit.

- ✓ After we cement the spacer DON'T eat or drink for about 30 minutes, no rinsing either. This is so the cement is allowed to set up and hold the spacer properly in place.
- ✓ DO AVOID hard, sticky, or chewy foods such as Jolly Ranchers, Starbursts, taffy, gummy bears, jawbreakers, ice, etc....
- ✓ DON'T pick at the wire, crowns or the tooth
- ✓ DO brush and floss daily after meals
- ✓ Foods like carrots, apples, steak, pizza, or other similar foods should be cut into small pieces. These kinds of foods can loosen or break the appliance.
- ✓ DO call our office if the spacer comes loose or comes off.
- ✓ DON'T try to put the spacer in yourself. DO bring in the appliance if it has broken or fallen off and we will recent it.

**Remember,** Space maintainers *hold open the empty space* left by a lost tooth. They steady the remaining teeth, preventing movement until the permanent tooth takes its natural position in the jaw. It's more affordable - **and easier on your child** - to keep teeth in normal positions with a space maintainer than to move them back in place with orthodontic treatment.

**If any questions or concerns you can call our office at (419) 628-3380.**

*Thank you for trusting us with your child's dental health!*