
Space Maintainer Instructions

Good cooperation is needed to achieve a good result! The space maintenance appliance is designed to maintain and regain dental arch spacing.

- The appliance is highly effective and will typically remain in place until the primary (baby) teeth are lost and the permanent teeth begin eruption.
- It is not uncommon for the teeth to be sore for a few days following placement of the space maintenance appliance. If the discomfort does not alleviate within one week, please call the office to schedule an examination.
- It will likely take a few days to become accustomed to the appliance.
- Patients will be examined at regular intervals prescribed by Dr. Trammell, until the appliance is removed. The intervals should be no longer than a period of five months.
- If any part of your appliance becomes loose, broken or bent; call the office to schedule a repair appointment. If the appliance comes out of the arch, please bring the appliance to your appointment. Do not throw away. This is not an emergency, unless the patient is in pain, so your appointment will be scheduled during normal business hours.
- Do not eat or chew: ice, hard candy, bubble gum, sticky or chewy foods.
- If you should have any questions, please do not hesitate to contact the office.

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