

Guide to SPACE MAINTAINERS

Space maintainers are used to hold teeth in their current position and prevent the drifting of teeth and loss of space. They may be required when a baby tooth has been lost early or there is dental crowding. They are attached to the teeth with a metal band.



Band and loop



Lingual arch

Having your space maintainer fitted

- Today your space maintainer had been placed. It has been custom made for your mouth to sit passively against your teeth. There should not be any pain associated with your space maintainer; however, it may need a little time to get used to the feeling of having it in your mouth.
- We will review your space maintainer every 3-4 months.

Looking after your space maintainer

- You may brush your teeth as usual. Pay special attention to the metal bands, gum line and around the wire.
- Do not eat anything hard, sticky, or chewy that may dislodge the space maintainer.
- If the bands around your teeth feel loose or if something is rubbing or uncomfortable, or if you have any questions, please call us.