



## Post-Operative Instructions for space maintainers and orthodontic appliances.

1. No eating or drinking for 30 minutes following cementation. Soft food only on the day of placement.
2. Please do not allow your child to manipulate the appliance. Keep his/her fingers out of the mouth.
3. The appliance should not cause significant pain, yet the cemented molar bands may slightly impinge on the gums, causing some discomfort for a few days.
4. With larger orthodontic appliances, your child's speech may be temporarily altered. Once the child grows accustomed to the appliance, he/she will resume fairly normal speech and oral functions.
5. Continue normal oral hygiene practices. Brush well around the appliance.
6. Avoid all sticky or chewy candy and food. **NO GUM!**
7. Check your child's appliance daily when you assist with brushing. If the appliance feels loose, please call us. A loose appliance can cause significant damage to the surrounding soft tissue. Should the appliance loosen and come out, please retain it and call us as soon as possible.



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