



Kids Dental Specialists

Patient _____

Date _____

Care Instructions for Your Space Maintainer

1. Complimentary check-up appointments are highly recommended. Dr. Tran should be the only person making major adjustments.
2. Daily proper brushing of the appliance will prevent plaque build up, poor oral hygiene and staining of appliance. Appliance not fitting may result from poor oral hygiene.
3. Avoid the following:

GUM

SUGARLESS or otherwise

STICKY FOOD

Caramels	Sugar Daddies	Starburst
Caramelized apples	Sugar Babies	Licorice
Now & Later	Tootsie rolls	Toffee
Gummy bears	Skittle	

HARD FOOD

Hard candies	Popcorn	Nut
Bagels	Ice	Doritos
Beef jerky	Hard pretzel	Pizza crusts
Corn on the cob	Raw whole apples/carrots	

4. AVOID CHEWING ON PENS, PENCILS, and FINGERNAIL.
5. The complimentary monthly check-ups do not include charges for appliance's repair (\$250) or fabrication of new appliance (\$350) to continue treatment.

I hereby acknowledge that I have read and understood the above instructions.

Signature of Parent or Guardian: _____