



Space Maintainers (Nance, Lingual Arch, Band and Loop)

Space maintainers are fixed appliances that are attached to bands on the primary molar or adult molar teeth. They are used to hold teeth in their current position and prevent the drifting of teeth and the loss of space when primary teeth or adult are extracted or fall out. They can also be used to help stabilize teeth from moving or provide additional support during orthodontic treatment.

Home Care:

- Please brush and clean your space maintainer appliance and teeth at least three times a day, two minutes at a time with water, a toothbrush and toothpaste. Pay special attention to the upper molar bands and gum line.
- Proxy brush may be used to clean the appliance and around where it is attached to the bands on the inside of the roof of the mouth
- Do not eat anything hard, sticky, or chewy
- Use wax as needed

If the bands around your teeth feel loose or if something is rubbing or uncomfortable, or if you have any questions, please call us at (717) 637-4131.