



Children's Hospital Boston

Department of Dentistry

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**HARVARD SCHOOL
OF DENTAL MEDICINE**

Division of Pediatric Dentistry

Department of Oral and Developmental Biology

Instructions Following the Placement of a Space Maintainer (Lingual Arch)

- Your child may experience some minor discomfort while biting on the molars and incisors, soreness of the tongue, and transient difficulty with speech for the first few days after placement. Feel free to give your child Tylenol^R, Advil^R or other children's non- aspirin containing pain mediation during this time.
- Breakage, loosening or displacement of the appliance can be prevented or reduced by avoiding sticky foods such as gum and candy.
- Avoid "playing" with the appliance with the tongue or finger as this can cause looseness, displacement or even breakage.
- This appliance may be worn for several years. It will be checked at periodic appointments at which time the dentist or hygienist usually may remove the appliance prior to the cleaning. Afterwards, the dentist will adjust and replace the appliance.
- Your next appointment will be in 4-6 weeks for a short visit for the dentist to check the appliance to ensure proper fit.