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## Space Maintainer

- **What is a space maintainer?**
  - The space maintainer is a special appliance recommended to preserve the space when baby teeth have been removed or lost prematurely. The appliance can also serve as an anchor to prevent adult teeth from drifting into space reserved for unerupted or additional teeth.
  
- **How will it feel?**
  - You can expect your bite to feel different almost immediately. The molars to which the appliance is attached to may be sore for a few days. You may notice it the most when you are eating and therefore may want to softer foods for a few days. Any discomfort can be relieved with whatever medication you take for a headache.