Dentistry for Children & Adolescents
Creating Healthy Teeth and Happy Smiles Since 1968!
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Crowns and Space Maintainers Aftercare Instructions

(Foods to Avoid)

Avoid sticky candy when you have crowns and space maintainers. Repeated chewing on sticky candy can loosen the cement holding the crown or space maintainer in place.

Please use the following list as a reference for treats to avoid:

- Gum
- Licorice, Starbursts, Skittles
- Caramel (Candy bars, Caramel Apples, Milk Duds, Slo Pokes)
- Taffy (Now & Later, Air Heads)
- Fruit Snacks and Fruit Roll-Ups
- Jelly Beans, Gum Drops, Ju-Jus, Dots, Gummy Bears, Gummy Worms, and Nerds Gummy Clusters
- Hard Candy (Jolly Ranchers)
- Suckers (Caramel Apple Suckers, Tootsie Pops, Blow Pops)

What to do if a crown/ space maintainer loosens or comes off before the tooth is lost:

- Please save it and call our office. If recemented within a few days, it should fit as before.
- If a crown or space maintainer is not replaced, the teeth may shift, causing space loss and crowding of adult teeth.