

Some Information on Separator:

Separators (*spacers*) are small rubber bands, or occasionally wires, that go in-between your teeth to make room for the orthodontic bands that you will have placed on your teeth at a later date. It is very important that the spacers stay in place until you come back to get your bands on. There are some things you need to do to make sure they stay in.



1. Please do not chew gum.
2. Please do not eat anything sticky like, caramel, taffy, tootsie rolls, gummy bears, etc.
3. Do not floss your teeth where the spacers are.
4. Do not pick at the spacers with your fingers or anything else, like toothpicks. It is easy to mistake a spacer for food caught between your teeth, so be careful.

Brush your teeth like you normally do, and using a Waterpik should be fine if you usually use one. Some people notice soreness of their teeth in the areas of the spacers due to the pressure the spacers put on their teeth. This is normal, but uncomfortable, especially when you eat. Feel free to take aspirin or Tylenol as needed for the discomfort. However, many people have no difficulty with the spacers. The spacers will be removed before you get the bands on your teeth.

If the separators should fall out: Please call the office to have them replaced, unless your appointment is within the next day or two.

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