



Separators (Also Known as Spacers)

Teeth normally contact each other tightly. In order to properly fit orthodontic bands, space is needed between certain teeth. Separators (also called spacers) are small rubber modules or metal springs that are placed between the teeth. Over several days, they gently move the teeth slightly apart so bands can be accurately placed at your next appointment.

Instructions

- You may experience some discomfort or soreness for the first few days after the separators are placed. This is normal. If needed, you may take an over-the-counter pain reliever to help alleviate symptoms. Always follow the manufacturer's dosing instructions.
- You may want to eat softer foods until the soreness subsides. Avoid sticky, tacky, or chewy foods, as these can cause the separators to fall out.
- You may brush your teeth normally around the separators. **Do not floss or use toothpicks** in the areas where separators have been placed.

IMPORTANT

If for any reason you cannot account for all of your separators, please contact our office as soon as possible. A separator may have fallen out and need to be replaced, or it may have become lodged under the gum tissue and needs to be evaluated.



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