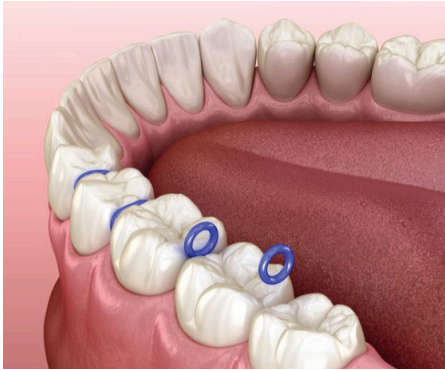


# Separators



Separators, small rubber bands, are inserted between your teeth to create space for placing orthodontic bands or appliances at your following visit. These separators will be removed before fitting the appliance or bands during your next appointment.

## **To Avoid:**

Sticky, chewy, and tacky foods should be avoided to prevent dislodging the separators.

## **Discomfort Management:**

It's common to feel some discomfort for 3-5 days. Soft foods can help ease this discomfort. Over-the-counter pain relievers are an option, but please read and follow the label instructions carefully before use.

## **Oral Hygiene Instructions:**

Avoid picking at or flossing around the separators. You can brush your teeth as usual but should only floss in areas without separators.

## **In Case of Loose or Lost Separators:**

If a separator loosens or falls out, contact our office immediately to arrange for its replacement.

For any questions or concerns, please don't hesitate to contact our office.