



Separators

Separators are little rubber circles that may be placed in between your teeth to push them apart so orthodontic bands and or appliances may be placed at the next appointment. The separators will be removed before we place the appliance or bands in at the next appointment.

Things to avoid

- *Sticky foods
- *Chewy foods
- *Tacky foods

Your teeth may experience some discomfort for a period of 3-5 days. If you are experiencing any discomfort we recommend eating soft foods. You are able to take any over the counter pain relievers if necessary. Please read all instructions on the label before taking any over the counter medication.

We do not want you to pick or floss where the spacers are present. You are still in fact able to brush your teeth regularly but will only be able to floss where the spacers are not.

If any separator becomes loose or comes out please contact office immediately so that we can schedule you accordingly to get the spacer replaced.

Please contact our office if you may have any questions or concerns.