



SEPARATORS

Separators (spacers) are small, light blue, donut-shaped pieces of rubber placed between your teeth about a week before you get braces or other orthodontic appliances.

They gently push teeth apart to make room for bands, which are metal rings that fit around your molars).

After separators are placed in your mouth, there are certain restrictions. They are as follows:

No sticky, gooey or chewy foods, like gum, caramel, taffy, gummy bears, etc.

No flossing where the separators are, however, you may floss in between the rest of your teeth.

Continue good brushing habits. Brushing will not cause a separator to come out.

The separators will make your teeth feel achy. It is usually a delayed reaction (2-4 hours after placement). Take Advil, Motrin, or Tylenol as needed using the directions on the bottle.

If a separator comes out any time before your next visit, please call the office as soon as possible for further instruction.