

Separators



- ◆ Separators, also called spacers, are simply little rubber donuts that are flossed into place between the teeth to create space. They are left in position for 1 to 2 weeks. They will be removed when your appliance is placed.
- ◆ The spaces are needed to allow the bands to be placed on the back teeth more comfortably.
- ◆ **Do not floss** where the separators are placed since that will possibly remove them.
- ◆ Brush as you normally would.
- ◆ **Do not** chew any *gum or sticky candy*, since that will also remove them.
- ◆ The teeth may be sore for a few days after the separators are placed. Advil or Tylenol as well as rinsing with warm salt water (1 tsp. Salt to ½ cup water) will help alleviate any discomfort you may have.
- ◆ If a separator falls out, please call the office to have it replaced *unless you have been instructed otherwise*
- ◆ We recommend taking Tylenol or Advil **1 hour** prior to your next appointment to reduce any *sensitivity* you may have during the fitting procedure.