



(678) 417-9848

SEPARATORS

Separators, more commonly referred to as “spacers”, have been placed between your teeth so that orthodontic bands may be placed on these teeth at your next visit. A band is like a small ring for your tooth that must be sized specifically for each individual tooth. In order to slide the band over the top of the tooth, a small amount of space is required on each side of the tooth. It is important that the separators stay between your teeth, or we may not be able to comfortably fit the bands at your next appointment.

DISCOMFORT

It is normal to feel like something is stuck between your teeth. If you experience any discomfort from the separators, you can rinse with warm salt water to soothe the gums. You may also take Tylenol, Advil, Motrin, Aleve etc. as needed to help you feel more comfortable. **DO NOT** take more than the recommended dosages on the bottles.

CARE

You may eat and drink as usual, but should avoid sticky or chewy foods as these may pull the separators out. You can and should still brush and floss all your other teeth normally. You should not floss in the area of the separators, and should brush this area gently. Do not pick at the separators or play with them with your tongue as this may push them out. You should check nightly to make sure all the separators are still in place. If any separators come out more than 1 day before your appointment, call the office so that we may schedule a brief visit to replace them.