

SEPARATORS

Separators (also known as “spacers”) are designed to gently push your teeth apart so that orthodontic bands can be placed around them.

Your teeth may be sore at first. The separators will feel a little tight when they are placed between the teeth, and this *may* cause those teeth to become slightly sore. If you experience this initial discomfort, it should only last for about 2 days in most cases. Tylenol[®] or Ibuprofen (Advil[®], Nuprin[®]) should relieve most of this discomfort.

Stay away from hard and sticky foods. This includes GUM, TAFFY, LICORICE, CAMEL, PEANUTS, TACO CHIPS, and more! Please use your own judgment as to what foods you enjoy are too hard or sticky.

Brush normally. In fact, pay special attention to those areas with the separators, as food will tend to get caught in them. Separators should not come out while brushing; but if one does come out, just throw it away and contact our office. If necessary, an appointment will be made to replace the separator.

DO NOT PLAY WITH THE SEPARATORS. This may make the separators fall out. However, if you find that they press into your gum tissue, you are allowed to move them around a bit to relieve the pressure.

Most importantly, these separators will help in making your next visit to our office A LOT EASIER. Again, the separators will make just enough room for the bands to be placed around the teeth. If the separators fall out or are taken out, we may not be able to put on the bands, and we'll have to start over from the beginning!!!

If you have any questions, please feel free to call our office at (916) 691-2912.

We will see you at your next appointment. Until then... **KEEP SMILING!!!**

--Dr. Scott and Staff