



SEPARATORS ***"Spacers"***

- Spacers are small non latex elastic rings that are placed between your teeth. They will make space to allow us to comfortably fit bands around your molars.
- This sometimes causes a little discomfort around the molars. However, it usually feels better after a few days.
- It is important to avoid sticky foods that can cause the separators to dislodge.
- Continue to brush and rinse your teeth 2x a day. Avoid flossing in the area of the separators.
- If you lose one of your separators, you can try to replace them at home; if you have trouble please call us to schedule an appointment to replace your separator. It is important for us to have the space between your molars to allow the bands to fit comfortably.