

SEPARATOR

Separators

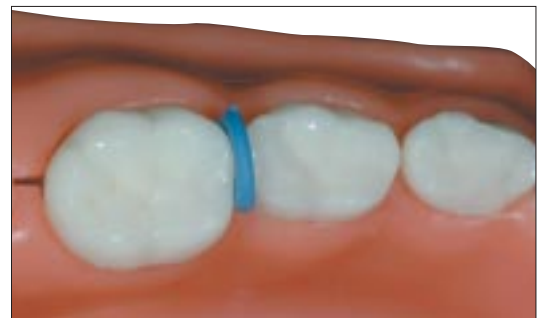
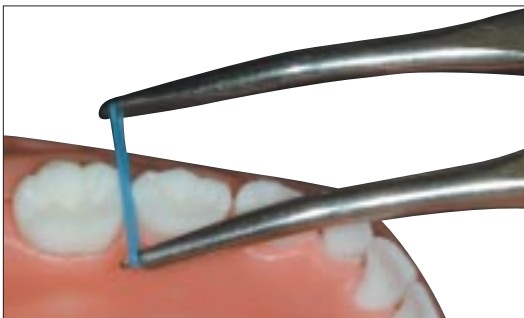
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West | 9909 W. 21st Street N. | Wichita, KS 67205 | tel 316.722.0857 | web www.toothmovers.org

Small rubber bands, or metal-type clips, are used to make space between your back teeth. This makes it much easier to fit bands around your back teeth. They should remain in place until your next appointment.

Separators will make your teeth tender and slightly sore for three to five days. It will feel as if you have a piece of food caught between your teeth. You will need to stay away from chewy, sticky foods (gum, caramels, taffy, etc.); they can pull the separators out. Tylenol, Advil, etc. can be taken for the discomfort.

You will not be able to floss between the teeth that have separators. However, you can brush as you normally would. If a separator comes out, it is not an emergency, but you are welcome to contact our office to have it replaced or follow the instructions provided in your spacers kit.

You may feel the spacers more on one side, or more on the top than the bottom – it just depends on how tight your teeth are and how close the spacers are to your gums. You may also find that you tend to bite against one or more of your spacers. Do not be concerned with this, as it is normal.



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