

## SEPARATORS

### What are separators?

Separators are small, donut shaped elastics placed between your teeth in preparation for fitting bands on the molars. The separators put pressure on the teeth causing small spaces to open, making it easier to fit the bands at your next appointment.

### How will they feel?

- They will feel like there is something “stuck” between your teeth.
- Approximately 4-6 hours after placement, the teeth will become achy or sensitive. Peak discomfort can occur after 24 hours and last up to four days.
- The level of discomfort can be greatly reduced by planning ahead. Taking Advil (anti-inflammatory) before separators are placed will reduce pain and discomfort.

*Recommended dosage of Advil 1 hour prior to placement of separators:*

*Adults and children over 12: Take 1 or 2 tablets every four hours as needed. Do not exceed six tablets in 24 hours, unless directed by a physician.*

*Children 12 and under: Should use children’s Advil following directions on bottle.*

**Patients with a history of asthma, aspirin allergy, sensitivity or stomach ulceration should not take this anti-inflammatory medication.**

### What are my responsibilities?

- Brush your teeth as you normally do, except be gentle in the areas where the separators have been placed.
- Continue to floss as before EXCEPT where the separators are. If you do not floss regularly, it is a perfect time to start so you will be really good at it once your braces are on.
- It is important to have the separators stay in place until your next appointment. Avoid sticky foods such as gum and candy, which may dislodge them.
- Please call our office if a separator falls out before your next appointment.

