

SEPARATORS

What do they do?

Separators are placed between certain teeth to aid the orthodontist in the band fitting process or anywhere they may need space created for treatment. These spaces are temporary and start to close once the separators are removed.

What do they look like?

- Separators are small, colored donut shaped elastics

How long will I wear these separators?

- Ideally your separators should be kept in until your next appointment at our office.

What are my responsibilities for success?

- Approximately 2 hours after placement, the teeth may become achy or sensitive. Peak discomfort can occur after 24 hours and last up to four days. You may take an anti-inflammatory (Ibuprofen) as soon as you get your separators in to keep ahead of the discomfort or take it as needed to help you adjust.
- Your teeth will feel like there is something “STUCK” in them and when you bite down it is normal to feel like you are biting on them slightly.
- Avoid any gum, sticky or chewy foods as these may dislodge the separator.
- Brush your teeth as you normally do being slightly more 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, now will be the perfect time to start so you will be an expert once your braces are placed.
- It is important to check them regularly to see if any have fallen out especially after a meal. If a separator is lost, please call the office to schedule an appointment to have it replaced. The exception to this rule is if your next appointment with us is a day or two away, the space should most likely remain open till your next visit.

