

Practice limited to Orthodontics

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SEPARATORS

INSTRUCTIONS FOR SEPARATORS

1. **PURPOSE:** Separators are small plastic rings or metal springs placed between your teeth to open space for bands which will be placed around the teeth at your next appointment. Your next appointment may vary in length, but it is usually about one hour.
2. **WHAT HAPPENS IF THEY FALL OUT?** If separators fall out one or two days prior to your appointment, just discard them. If your next appointment is more than two days away, then please call our office as it may be necessary to replace them so adequate space exists for the banding. Separators are harmless if swallowed.
3. **DISCOMFORT:** Your teeth may be sensitive for a day or two after the separators are inserted. Avoid any hard chewing and take aspirin or Tylenol if needed.
4. **DIET AND BRUSHING:** Avoid gum and hard or sticky foods. Brush carefully and do not floss between teeth with separators to avoid dislodging the separators.
5. Your parent or guardian should read these instructions so you all understand this treatment. Please call if you have any questions.