

## Separator Instructions

Separators (spacers) are recommended to make space between your teeth. The following information is to help you understand the purpose of separators and how to care for them.

### **PURPOSE:**

- To make room to comfortably fit your bands. The space created will be closed during treatment.

### **NEED TO KNOW:**

- All sticky and chewy foods should be avoided. Examples: gum, taffy, gummy bears, tootsie rolls.
- Please do not remove or pull at your separators. It will feel like you have a piece of food wedged between your teeth - this is how it is supposed to feel.
- Teeth may be sensitive or sore. Tylenol should ease any discomfort you may have.
- Check the spacers after brushing each night. If you lose any spacers more than two days before your next appointment, call us so that we can replace the lost spacer.