



INSTRUCTIONS FOLLOWING **PLACEMENT OF SEPARATORS (SPACERS)**

Separators or "spacers" are small doughnut-shaped elastics or springs placed between the teeth to make space so that orthodontic bands can be easily fit and placed around the back molars.

Teeth may become sensitive and feel like something is caught between them for the first few days after placement. If necessary, feel free to give ibuprofen (Advil®) or acetaminophen (Tylenol®).

During this time the teeth should be brushed and flossed **except** for the locations where the separators are placed. To prevent premature removal or loss of the separators avoid chewy or sticky candy and gum.

If any separators are lost call us three days before the appointment when the bands will be placed or fit. Lost separators may need to be replaced so that adequate room will be present for placement of the braces.

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