



# SEPARATORS

## Instructions



1. **PURPOSE:** Separators are small plastic rings or metal springs placed between your teeth to open space for bands that will be placed around the teeth.
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 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 Tylenol or Ibuprophen if needed.
4. **DIET AND BRUSHING:** Avoid gum and hard or sticky foods. Brush carefully, and do not floss between teeth with separators so as to avoid dislodging the separators.
5. **THESE INSTRUCTIONS SHOULD BE READ BY YOUR PARENT OR GUARDIAN, SO YOU ALL UNDERSTAND THIS TREATMENT.**

Please call if you have questions.