



Separators

To begin treatment, we have placed separators between your teeth. They will make a tiny bit of space between the teeth to make it easier to fit the bands for your appliance at your next visit. Here are a few things to remember:

- Avoid things that are sticky, gooey or chewy.
- You can brush as you normally brush with the separators in place.
- Avoid flossing the areas where the separators have been placed as it can pull them out or may cause them to go farther into the tissue. It is good to floss the rest of your teeth.
- You may experience some tenderness and/or discomfort. You can take Tylenol or Ibuprofen for a couple of days if needed.
- Count your spacers every day to make sure they are all still present.
- Should one fall out, call our office to set up an appointment to have it replaced. If it is the day before your appointment, it is not necessary to call us. If it falls out over the weekend, you can wait until Monday to call.



Separators

To begin treatment, we have placed separators between your teeth. They will make a tiny bit of space between the teeth to make it easier to fit the bands for your appliance at your next visit. Here are a few things to remember:

- Avoid things that are sticky, gooey or chewy.
- You can brush as you normally brush with the separators in place.
- Avoid flossing the areas where the separators have been placed as it can pull them out or may cause them to go farther into the tissue. It is good to floss the rest of your teeth.
- You may experience some tenderness and/or discomfort. You can take Tylenol or Ibuprofen for a couple of days if needed.
- Count your spacers every day to make sure they are all still present.
- Should one fall out, call our office to set up an appointment to have it replaced. If it is the day before your appointment, it is not necessary to call us. If it falls out over the weekend, you can wait until Monday to call.