



SEPARATORS

Separators are small donut shaped coloured elastics that are placed between back molar teeth. They are used to make a small amount of space between those teeth to make tooth band or appliance insertion easier.

- Separators are left in-between teeth until you return for your appliance insertion appointment
- Separators will feel like a piece of food/meat stuck in between your teeth. If you are experience discomfort from the separators you can take Advil or Tylenol for pain. This discomfort could last 3-4 days which is normal.
- Please do not pick out separators on purpose.
- Please avoid any sticky, tacky or chewy foods as they will pull out separators.
- Please brush all of your teeth as normal and floss all areas EXCEPT areas where separators have been placed.
- If separators come out a few days before your next visit, it is okay to leave them out but if your next visit is over a week away please contact the office to have the separator replaced.

