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ABOUT YOUR SEPARATORS

Separators are small elastics or wires that are placed between your teeth to push them apart and make sufficient space for your bands (braces) to be fitted. It is like parting the fingers to allow a ring to be placed.

The separators may feel annoying, like a piece of apple skin caught between your teeth. We want them to stay where they were placed so ***DON'T PICK AT THEM*** with fingers, toothpicks, etc.

A spacer can fall out on its own if it has made enough space between your teeth. If you do lose a spacer, find out if it has done its job by slipping some dental floss between the two teeth. If the floss gets stuck, the spacer hasn't made enough space, and you will need to get it replaced before your banding appointment. Don't worry if you swallow one.

Your teeth may become quite sore for a day or two. If so take ibuprofen (Advil or Motrin).

Good luck! We're on our way to a beautiful smile.