



dobie+rollins  
orthodontics

## Separators / Spacers Instructions

Separators are small elastics or wires that are placed between your teeth to push them slightly apart and make sufficient space for your bands (rings) to be fitted around your molars.

The separators may feel annoying, like a piece of food caught between your teeth, but not to worry because this is totally normal. We want them to stay where they were placed so please ***DON'T PICK AT THEM*** with fingers or toothpicks and do not floss in those areas.

A spacer can fall out on its own if it has made enough space between your teeth. If you do lose a spacer, and it's longer than 3 days before your next appointment, please call the office so that we can replace the spacer prior to your scheduled banding appointment. The best way to tell if there is enough space still there after one falls out is to try using floss in the area – if it goes in very easily then you should be ok.

Don't worry if you swallow one!!

**Your teeth may become quite sore for a day or two. If so, the best medication would be Ibuprofen (Advil or Motrin).** If allergic to this, then Acetaminophen (Tylenol) can be taken instead.

Good luck! You're on your way to a beautiful smile.



**Rubber  
Separator**



**Metal  
Separator**