

SEPARATORS/SPACERS

Metal Separator



Rubber Separator



Separators (small wire springs or rubber rings) create small spaces between the teeth so the bands can be easily placed. If separators start to loosen and wiggle up and down, don't worry, that's normal. Your teeth may be sensitive, but the discomfort will go away in a couple of days. You can take the medication you normally take for a headache.

- Separators can make your teeth achy. Take Advil/Tylenol and eat softer foods for a few days as needed.
- Brush normally.
- Do not floss where you have separators.
- Avoid sticky foods.
- Check your separators daily and keep track of lost separators.
- **DO NOT ATTEMPT TO REPLACE ANY LOST SEPARATORS AT HOME.**
- Please call the office if you have lost separators 4 or more days before your delivery appointment.