

Guide to Separators

If they should come out before your next appointment, call our office to see when it is necessary to schedule an appointment to replace them.

The separators are used to make space in-between your teeth so we can fit a band around the tooth. A band fits around your tooth like a ring fits on your finger. If they should come out before your next appointment, call our office.

We are putting Separators or Spacers in-between the teeth. It doesn't hurt, but can be tight in the beginning. It feels like a piece of food is stuck in-between the teeth. If the separator causes any discomfort, you can take Tylenol or Advil.

You should avoid chewing gum and eating sticky foods such as laffy taffy, skittles, sour patch kids, and tootsie rolls - anything that sticks to the teeth can pull the separators out. You can still floss except for where the separator is.