

## **SEPARATORS** (spacers)

The purpose of the separators is to make the space required for the placement of the braces or bands. This usually requires about one week.

You can expect some soreness during this time, mild pain medication such as Tylenol or Advil may be helpful. Rinsing with warm salt water may also reduce tenderness. It will be necessary to brush thoroughly around the separators as they collect food. Do not floss in the areas where the spacers are. You may continue to follow your regular diet during this time. Please avoid chewing on gum and any sticky foods while your spacers are in.

The separators will loosen as the teeth begin to move. The spacers may even come out. If this occurs, do not worry about it, since this means the separators have done their job and the spaces have opened.

***If you have any questions, don't hesitate to call our office.***

Looking forward to seeing you at your next appointment.