



SEPARATOR INSTRUCTIONS

Separators are elastic rings that are placed between the back teeth in the areas where a band (a metal brace that wraps entirely around a back tooth) will be placed. The purpose of separators is to allow access between the teeth to properly fit the correct band size.

THINGS TO REMEMBER

1. Avoid sticky foods, which may pull the separators out.
2. Avoid crunchy foods, which may tear the separators.
3. It is normal to have sore teeth for 2 – 3 days following placement of the separators. Tylenol (or your normal headache medicine) and a soft diet are indicated.
4. You should brush your teeth in the areas where the separators are placed, but do not floss in those areas, or you will pull them out.
5. Some of the separators may fall out on their own after a few days. This is because they have already created adequate space. If this should happen, the separators do not need to be replaced.
6. The separators will be removed at the time of the banding.
7. If there are any questions about the separators, or if you feel that they may have fallen out prematurely, please call our office.

IMPORTANT REMINDER: WE WOULD APPRECIATE IT IF A PARENT/GUARDIAN WOULD ACCOMPANY THE PATIENT ON THE DAY THE BRACES ARE PLACED.