

SPACERS

Small rubber bands called spacers or separators are used to make space between your back teeth. This makes it much easier to fit bands around your back teeth. They should remain in place until your next appointment.

Separators will make your teeth tender and slightly sore for 3-5 days. It will feel as if you have a piece of food caught between your teeth. We strongly advise that you avoid chewy, sticky foods (gum, caramels, taffy, etc.) as they can pull the separators out. Advil or Children's Advil will alleviate this type of discomfort more effectively than Tylenol. You will not be able to floss between the teeth that have separators between them. However, you can brush as you normally would. If a separator comes out, it is not an emergency. You are welcome to contact our office, but in most cases waiting until the next appointment will be fine.

