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## SEPARATORS

### What are separators?

We have placed small, round elastics between your teeth to provide enough space for bands. Bands are metal rings that are placed on the back teeth. They are designed to prevent brackets from coming off and keeping certain appliances in place.

### What should I expect?

The separators may make your teeth tender and sore. Rinsing with warm salt water and taking aspirin will help relieve the pain. The initial discomfort should be gone a few days after placement. **Do not be alarmed if the separators come out.** This means that there is enough space between the teeth and that the separators are no longer needed.

### How should I take care of them?

After the separators have been placed, brush your teeth and gums very **carefully** but thoroughly. Brushing too vigorously may dislodge the separators.

### Is there anything that I should NOT do?

**Chewing gum and flossing around the teeth with separators will dislodge them.** Be sure to maintain your oral hygiene, but make sure you are very careful not to pull the separators out. Please do not remove the separators yourself, even to brush. These are necessary to complete your treatment. The alignment of your teeth may not be complete without full compliance.

**If you have questions or concerns please call our office!**

Number of Separators Placed \_\_\_\_\_

