
Separators



What are Separators?

Separators (sometimes also called Spacers) are small elastics (blue rubber circles) that fit snugly between certain teeth to move them slightly apart so bands can be placed around them at the next visit.

Will they hurt?

Placing them does not hurt at all. It just feels like you have food caught between your teeth. After a few hours your teeth will begin to move, and you may experience some discomfort or soreness the first 2-3 days. It will NOT be a sharp, needle-like type of pain. To help alleviate any discomfort, we recommend taking whatever medicine you normally take for mild pain (Advil/Ibuprofen, Tylenol, or Aspirin).

What should I avoid eating and doing so that they stay in place?

- Avoid sticky foods because they could pull the spacers out.
- Examples of sticky foods to avoid: Gum, Laffy Taffies, Airheads, jelly beans, caramel, Tootsie Rolls, gummie bears, Starbursts, and any similar type of food.
- Also avoid extremely crunchy foods as they can tear the spacers or push them deep into your gums.
- Do not floss where the spacers are placed as flossing will pull them out.
- Don't grind your teeth on them or the spacers will tear.

What to do if a spacer falls out:

- If it is 3 days or more until your next visit, your spacers need to be replaced at a minimum of 2 days before your next scheduled appointment. Please call for a short appointment.
- If it is 2 days or less until your next visit – no additional office visit is necessary.

Please check all of your spacers 3 days before your next visit. If you are missing one, you will need to make an appointment so we can replace them. Spacers can sometimes fall out on their own if enough space has already been created.