

## SEPARATORS (SPACERS)

1. Separators can move and come out. However, they are not to be removed by the patient.
2. The purpose of separators is to make space between the teeth for the placement of bands
3. Separators will usually make the teeth sore for 1-3 days. You may take whatever you would take for a headache for relief.
4. Do not chew gum, chew tough foods, or floss where the separators are.
5. Call immediately if a separator comes out so that we can replace it before the space closes.
6. Do not become alarmed if the teeth seem loose. This is normal during orthodontic treatment.