



## Separators Instructions

Separators- Separators are tiny blue rubber bands that are placed between two teeth to create space. This will allow us to place the braces very easily. Please no gum or chewy candy with separators. If any fall out please call the office.



- No gum or candy chewing. Please avoid anything sticky, such as gum, caramel, candy and taffy that could stick to your separator and pull it out.
- Please brush and floss normally, but do not floss in the area where the separators are between your teeth. Do not play with your separators with your fingers or tongue.
- Please check each night when you brush to make sure that all your separators that we placed are still in your mouth.
- If a separator comes out within the first 3 days, please call the office to schedule an appointment to replace the separator. If a separator falls out within 3 days of your next appointment, enough space was created and we should be able to fit your bands without replacing the separator.
- This is the first time your teeth are feeling pressure, which may make them sore. Tylenol, Advil, or Motrin will resolve this discomfort.
- Do not hesitate to call our office if you have any questions.