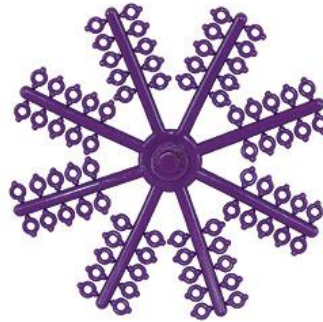


## Separators (Spacers)



### What are separators and what do they do?

Separators are small elastic rings that fit between the molar teeth in the back of the mouth. They are placed to make & maintain space for the placement of metal bands around the molar teeth at the banding appointment.

### What if the separators fall out?

The patient will need to keep track of the separators, making sure they do not fall out prior to the banding appointment. If any separators are lost, please call the office to schedule an appointment for replacement.

### What do they feel like?

When separators are placed, the teeth feel like there is something caught between them, & the patient may experience some soreness of the teeth for a few days. These feelings are typical & will subside. If needed, an over-the-counter pain reliever may be used for any discomfort.

### How many separators were placed today?

- Upper Right \_\_\_\_\_
- Upper Left \_\_\_\_\_
- Lower Right \_\_\_\_\_
- Lower Left \_\_\_\_\_

### Do I need to watch my diet?

When separators are placed, the patient will need to stay away from all sticky & chewy foods such as gummy bears, fruit roll-ups, caramel, all types of chewing gum & any other food which may pull the separators out. We also advise staying away from popcorn, as the sheaths from kernels can become lodged in the patients gums.

### Should I still floss my teeth?

The patient should still brush & floss regularly, but should not floss between the teeth with the separators since flossing between these teeth will cause the separators to come out.

Please call if there are any further questions