



# GORTON & SCHMOHL ORTHODONTICS

## ORTHODONTIC SEPARATORS

Today you received orthodontic separators, also known as spacers, between your teeth. These little rubber bands will make room for the metal bands we will fit around your teeth at your next appointment. Here are some guidelines for you to follow to take proper care of your separators.

Brush carefully after each meal, including the teeth that have the separators between them.

Avoid using dental floss between the teeth that have the separators.

Do not touch, pick, or play with the separators.

Do not chew gum or eat candy or anything sticky that could pull your separators out.

Separators may make your teeth sore and tender for the next 24 to 48 hours. This is a normal reaction for teeth that are moving. An over the counter pain reliever such as Tylenol often helps relieve the discomfort. Consult your physician if you have any questions regarding the best medication.

If a separator comes out and it is not lost or swallowed (they are digestible), rather than coming back to the office, you may wish to try to replace it yourself by using two pieces of dental floss as follows:



Using the dental floss as a handle, gently slip the separator between the teeth until it is in place and then slowly pull the floss out by one end. **Sometimes so much space is created that the separator is difficult to keep in. If this is the case, wait for one day and try to slip it in again.**

Separators are an important part of your orthodontic treatment. They will make your first banding appointment much more comfortable for you if they are left in place. If one or more falls out and you are unable to guide it back in, please call the office so we can replace them in a timely manner.