

# Separators

We have just placed separators (small doughnut-shape elastics) between your teeth to make more room for your braces, which will make fitting the “braces” or “bands” easier for your next appointment.

It is important for you to follow these instructions:

- Refrain from chewing sticky foods like gum, caramels, taffy, or hard substances like ice as these foods will dislodge the spacers
- Do not floss between separated teeth or pick at the spacers, as this will dislodge them.

Your teeth may be sensitive at first, but the slight discomfort will disappear in a day or two. Mostly, it will just feel like there is a piece of food stuck between your teeth.

If you have any soreness, rinsing your mouth several times a day with salty warm water or mouth rinse will help. In the rare instance of very sensitive teeth, you may take Tylenol or a similar analgesic medicine.

**IF YOU LOSE ANY SPACERS MORE THAN 2 DAYS  
BEFORE YOUR NEXT APPOINTMENT, CALL US SO THAT  
WE CAN REPLACE THE LOST SPACERS TO MAKE  
ADEQUATE ROOM FOR YOUR BRACES.**