

S-P-A-C-E-R-S

or

SEPARATORS

To make it easier for you, before placing your fixed appliances, we may have to make space between your teeth to allow the bands to go into place.

SMALL SPRINGS OR PLASTIC MODULES are two types of spacers we use. Then slowly, over a few days, they gently move certain teeth slightly apart to allow us to accurately place bands on your next appointment.

The spacers or separators may cause temporary soreness, but that goes away in a few days.

Do not eat any sticky or chewy foods. Avoid flossing where the separators have been placed.

Do not pick the separators with your fingers. This will loosen them and possibly cause them to fall out.

The separators may at some point, feel loose. This just means they are making the space we need to place the bands at your next appointment.

Occasionally, a separator may fall out. This is okay. This means there is enough space.