



SEPARATORS: The First Step towards a Beautiful Smile!

A separator is a small circle of elastic that is placed in-between two teeth. Slowly, over time, they reduce the contact pressure between the teeth. This will allow us to comfortably place your bands for your appliance or braces. It is very important that you continue to brush all areas of your teeth. However, we ask that you do not floss the areas where the separators are placed.

Most importantly we ask that you avoid sticky and chewy foods! (Ex: gum, caramel, taffy, etc.) Also, if you notice a separator is missing, please contact our office to schedule an appointment to have the separator replaced. Remember, we need that space to place your orthodontic appliances comfortably.

The separators may make your teeth ache, usually about 1-2 days. You may take Motrin or Tylenol to make it more comfortable.

