

## Tooth Separators

These little rubber bands, or metal-type clips, are utilized to gain space between your teeth so that bands can be slipped onto the tooth. Depending upon your age, they should remain in place 6 to 14 days.



Separators will make your teeth tender for three to five days. It will feel as if you have a piece of meat caught in between your teeth. You will need to stay away from chewy, sticky foods, as they can pull the separators out (gum, caramels, taffy, etc). Common pain relievers, such as Advil, can be taken for the discomfort.

You will not be able to floss your teeth where there are separators placed. However, you can brush your teeth as you normally would.

**If a separator should come out please call our office and we will schedule to have it replaced.**

**YOUR SEPARATORS NEED TO BE IN PLACE WHEN YOU COME IN FOR YOUR APPOINTMENT OR YOUR APPLIANCE MAY NOT FIT.**



*Please feel free to call us with any questions you may have!*