West Cobb
ORTHODONTICS

Separator Instructions

AKA "Spacers"

You have: _____

What are separators?

They are small donut-shaped pieces of rubber that are placed between your back teeth. They look like tiny rubber bands.

What do they do?

Separators create spaces (or separate) your teeth just enough for us to put a band around your teeth. Bands can be used for any number of orthodontic appliances like expanders, bite blocks, or springs.

Do they hurt?

You may experience some discomfort, like a piece of popcorn stuck between your teeth. But it will go away in a few days. To relieve any soreness, take advil or tylenol. You can also rinse with warm salt water.

What do I need to do?

You should avoid flossing between the teeth that have separators.
You should also avoid any sticky/gummy foods like caramel, taffy taffy, or gum while they are in.
Flossing and sticky foods can cause you to loose your separators early.

What if one comes out?

Separators usually only last about **2 weeks**, so it is not uncommon for you to lose one or two. That's why we usually want to see you back in about 2-3 weeks. If you notice a separator has come out please call the office and let us know. You can text our appointment line at **(229) 264-4919** if you cannot get ahold of us within a day or two. It is important to have all your separators so that we can easily deliver your appliance, otherwise we may have to reschedule you. We might get you into the office a few days before we deliver the appliance and put your separator back in.

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