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INSTRUCTIONS FOR SEPARATORS

Separators, also called spacers, are small rubber bands used to create a small amount of space between the teeth that will be banded at your next appointment.

1. Do not play with the separators as this may cause them to fall out.
2. Brush normally around the spacers to eliminate accumulated food particles, but don't floss between the teeth that are holding the spacers.
3. As the separators work, they may make your teeth feel uncomfortable for a day or two. The recommended dosage of your own pain reliever (Ibuprofen, Tylenol, etc.) should take care of any discomfort.
4. Stay away from sticky or chewy foods, (i.e. caramels, taffy, and gum) to avoid pulling your separators out.
5. If your separators are accidentally picked out before your next appointment please call our office to have them replaced. If they fall out by themselves, this usually means they have created enough space for the bands and they do not have to be replaced.

If you have any questions that need to be answered please feel free to call our office at 272-4242 or you may email Dr. Housley at drhousley@owassoorthodontics.com or Dr. Dobson at drdobson@owassoorthodontics.com

THANK YOU,

DR. HOUSLEY, DR. DOBSON, AND STAFF