

## SEPARATORS

### **Description:**

There are two common types of Orthodontic separators. One is an elastic type, which is most commonly used, and is a small rubber/elastic ring. The other is a metal separator which is not as common.

### **Purpose:**

Separators, sometimes referred to as spacers, help make space between back teeth. Normally teeth contact one another very tightly. We need a small space between your back molars so that some bands (rings) can be sized and fitted easily around the molars within the next week or so.

### **Care:**

It is important that the separators stay in place. Please don't pick at them, do not eat sticky foods or chew gum, and do not use dental floss in between the teeth that the separators are between. Please call our office if any happen to come out, we may have to replace them for you.

### **Discomfort:**

Since the separators actually cause the teeth to move slightly, there is some temporary soreness. This may occur within a few hours of having the separators placed and may last for a few days. If necessary, Advil or Tylenol may be taken (at the parent's discretion if for a child) to relieve the minor discomfort.

### **Cleaning:**

Be sure to continue to brush well in all areas of your mouth and do not avoid brushing in the areas of the separators. Only flossing should be avoided in the separator area.

### **Maintenance:**

Be sure to check each day that the separators are still present. A small amount of shifting of the separators, especially with the metal type, is quite common. If a separator happens to slip under the gum tissue, please call our office so that we can reposition it for you.

