

Separators

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We have placed small elastic rubber bands called separators between each of your teeth to provide enough separation or space to place your bands.

- 1) Avoid gum and sticky or chewy foods while you have your separators. These foods can dislodge your separators.
- 2) Please brush your teeth and gums carefully but thoroughly, and do not floss where the separators are. Overly vigorous brushing and flossing can also dislodge your separators.
- 3) We will show you how many separators you have. At least once a day, please check to see that all separators are still in place.
- 4) The separators may make your teeth tender. Ibuprofen or Tylenol may help. A warm saltwater rinse (1 tablespoon of salt in a tall glass of warm water) may be used to relieve the soreness.
- 5) Please do not remove separators from between the teeth.

IF ANY SEPARATORS ARE LOST, PLEASE CALL OUR OFFICE.