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SPECIALIST IN ORTHODONTICS
CHILDREN & ADULTS



SEPARATORS

1. Separators (spacers) are needed to create space between your teeth so the Bands can be accurately placed.
2. Separators can cause teeth to be sensitive for a few days.
If soreness develops, take Tylenol (325mg) OR CHILDRENS TYLENOL every four hours or Advil (400mg) OR CHILDRENS ADVIL every 6 hours, with food, as needed.
3. Make sure that you eat and chew on the teeth with separators. This "exercise" will decrease the soreness AND make the separators work.

REMEMBER -- PLEASE EAT ALL FOODS, NOT JUST SOFT FOODS
4. DO NOT eat sticky foods or chew Gum - the separators will come out.
5. DO NOT play with the separators with your tongue or fingers. It is normal for a spring separator (if you have that kind) to become loose.
6. DO NOT use dental floss in the areas where we have placed the separators or they will come out.
7. However, if a separator comes out, call the office to have it replaced. If the separator comes out the night before your banding appointment, the space is possibly adequate. But, please advise us that you have lost a separator at your banding appointment.
8. PLEASE TAKE 400 MG OF ADVIL or CHILDRENS ADVIL 1 HOUR PRIOR TO THE BANDING APPOINTMENT OR SEATING APPOINTMENT OF ANY APPLIANCES. THIS WILL DECREASE SORENESS THAT WILL OCCUR AS THE APPLIANCES BEGIN TO MOVE TEETH.

KEEP THIS SHEET UNTIL AFTER YOUR BANDING APPOINTMENT!!