

INSTRUCTIONS FOLLOWING PLACEMENT OF SEPARATORS/SPACERS

1. The grey rubber separators which the doctor has places between your back teeth are important. Their purpose is to produce a small space between the back teeth in order to insure effortless fitting of the orthodontic bands at the next appointment.
2. Slight discomfort may result in the next 48 hours. Tylenol or Ibuprofen should be sufficient to alleviate discomfort. Warm salt water rinsing may also help.
3. Between now and your next appointment, one or all of these small grey separators may fall out. If they do, please call the office at (908) 859-4555 and we will replace the separator for you.
4. Avoid sticky, chewy, or hard foods. These foods may loosen or pull out the separators before they have done their job. Also, avoid playing with the separators with your tongue. Your tongue is a very strong muscle and can push the separators out. Hard foods may push separators into your gums and can cause irritation. Should this happen, warm salt-water rinses will help.
5. Careful brushing is also important to avoid losing separators. Do not floss where the separators are placed.