

Important Information About Separators

The Purpose of Separators (spacers)

Separators are small non-latex elastic rings that are used to widen the space between neighbouring teeth. Certain types of braces (usually bands) that go all the way around a tooth require extra space in order to fit properly. Separators are usually placed 2 – 7 days before placing bands in order to provide enough room between the teeth.



What to Expect

Initially, you will notice pressure between your teeth and your teeth may become tender; however, this discomfort will ease within a few days. This is an indication the separators are working to create the space needed to fit the bands. An over-the-counter pain reliever (eg. Ibuprofen or the medication you would normally take for a headache) should help to relieve the discomfort. Rinsing with warm salt water may also reduce tenderness.

Separator Instructions

- ➡ Do not remove your separators, as they need to be kept in place long enough to create space for your orthodontic bands to be placed.
- ➡ Please check the separators each day to ensure they are still in place. The separators will loosen as the teeth begin to move, or they may even come out over time if they have had enough time to do their job. If one or more of the separators falls out, and your appointment is more than 2 days away, please call the office. The separators may need to be replaced to prevent the space from closing.
- ➡ You may continue to follow your regular diet during this time; however, avoid chewing gum and eating sticky foods that can cause the separators to fall out prematurely. A softer diet may help if you are experiencing tenderness.
- ➡ Continue to brush and rinse your teeth after each meal. Avoid flossing in the area of the separators. Do not play with the separators or use a toothpick, as this may cause them to dislodge.
- ➡ Please feel free to contact our office if you have any questions.