

## Separators



“Spacers,” as they are often called, are by definition small doughnut shaped rubber rings or wire springs that are used to create small spaces between your teeth for the fitting of orthodontic appliances.

### Care

- Do not floss or use a toothpick around spacers.
- Do not chew gum or have any hard or sticky candy.
- Check separators everyday! If you have lost any spacers, please call our office. (If this is not done, your appliances cannot be placed at your next appointment).
- **You have \_\_\_\_\_ separators.**

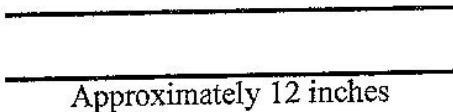
### What to expect

- Your teeth will become sensitive, but the discomfort should disappear in a few days.
- To help reduce the soreness, rinse your mouth with warm salt water and take an over the counter pain reliever.

## How to replace a lost spacer

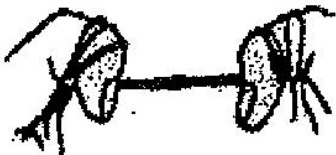
### Step 1

Get two pieces of floss and your spacer.



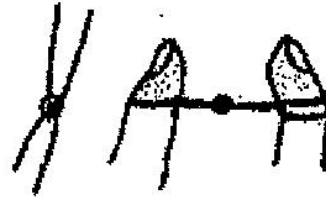
### Step 3

Pull fingers away from each other so the spacer is now almost flat and tension is created.



### Step 2

Thread the two pieces of floss through the spacer, and then wrap the floss strings around your pointer fingers.



### Step 4

Just like you would floss between your teeth, gently work the spacer between your teeth. After you have pushed the spacer between the teeth, carefully pull the floss out. Sometimes it is necessary to hold your finger over the spacer when you pull the floss out.

