

SEPARATORS

Why do I need separators?

Generally your back teeth are very close together. To make it easier for you, before placing your fixed appliances, we have to make space between your back teeth so the bands are more easily placed around those teeth.

What are separators?

Little plastic modules, shaped like a small doughnut. Once in place they gently move certain teeth slightly apart to allow us to accurately place bands at your next appointment.



**Family
Orthodontics**
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What should I expect?

The separator in place feels like “a piece of meat stuck between the teeth” and can be quite uncomfortable for a couple of days. This is an indication that the separators are working and doing their job. Any discomfort or soreness can be relieved with whatever medication you would take for a headache.

How can I help?

Rinsing with warm salt water can help relieve this soreness. Chewing will also speed your teeth to feeling normal again; we recommend chewing sugar free gum. If you have separators in place, avoid sticky and hard foods. This will reduce the chance of separators falling out prematurely. Brush your teeth as normal, however, do not floss or pick where the separators are placed.

What if I lose a separator?

Generally the space will stay open for 1-2 days. If your next appointment is more than 2 days away, then contact us, you may need another separator placed.

