



SEPARATORS/SPACERS

Metal Separator



Rubber Separator



Separators (small wire springs or rubber rings) create small spaces between the teeth so the bands can be easily placed. If separators start to loosen and wiggle up and down, don't worry, that's normal. They are working!

- Separators can make your teeth achy for a few days. Take Advil/Tylenol and softer foods can help.
- Brush normally.
- Do not floss where you have separators.
- Avoid sticky foods.
- Check your separators daily and keep track of lost separators.
- **DO NOT ATTEMPT TO REPLACE ANY LOST SEPARATORS AT HOME.**
- Please call the office if you have lost separators. We will advise if a replacement is needed.