

## Separators

Separators are small blue elastics that are placed in between your back teeth. They are used to create space for the placement of orthodontic bands (i.e., rings around your back teeth).

- The separators will be left in place for approximately 4 – 7 days. Your teeth may feel slightly sensitive for the first day or two as space is created.
- Try not to play with the separators using your tongue as this may loosen the separators and cause them to fall out.
- Brush your teeth normally and floss everywhere except where your separators are placed.
- Please avoid chewy and sticky foods which may dislodge the separators. These include Gum, Starburst, Skittles, Taffy, Tootsie Rolls, Gummy Bears, etc.
- If your separators do fall out one day before your appointment this usually indicates that there is enough space created for the orthodontic separators. However, if the separators fall out sooner, please contact our office immediately in order to have them replaced.