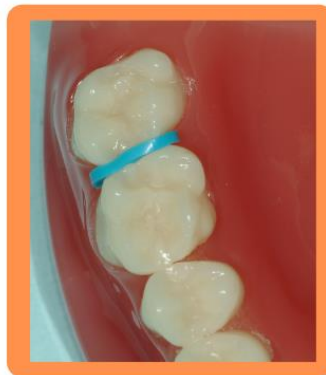


# Separators or Spacers

Normally, your teeth fit snugly, one against the other. We often find we have to move those teeth, especially the back teeth (molars) apart, to make room for your braces. To make it easier for you, before placing your braces, separators are being placed between your back teeth so the bands for your braces are more easily placed around those teeth.

Little elastic modules, shaped like a circle, or small springs are the two types of separators we use. Once in place, they gently move certain teeth slightly apart to allow us to accurately size and place bands at your next appointment.



Movement of your teeth from the separators may cause some temporary soreness, which will go away in 2-3 days. Over the counter pain relievers should help with any discomfort. If you lose a separator, please call us. We may need to replace it before your next appointment.

## Things to Remember

- No sticky, gummy or chewy foods
- Brush your teeth as usual, but do not floss where separators have been placed