

Separator Placement

Separators, also called “spacers”, are placed to create a small amount of space between your back teeth. This space will allow orthodontic bands to be placed more comfortably at your next appointment.

The spacers will be left in between your teeth for approximately one week. You may find that your teeth are very tender for several days, or you may find that they are not uncomfortable at all. If you are uncomfortable, we recommend acetaminophen (Tylenol) or ibuprofen (Advil) according to the directions on the label.

1. A few points to remember while the separators are in place:
2. It may feel as if you have food stuck in between your teeth. Please do not pick at the spacers or you might make them fall out.
3. Brush your teeth as you normally would, but do not floss in between the teeth where a spacer has been placed.
4. Please do not chew sticky foods that may pull the spacer out of place. This includes foods like chewing gum, taffy, gummy bears, etc.
5. If any spacers fall out, please tell us about this at your next appointment.
6. If a spacer falls out on its own, you do NOT need to come in again to have it replaced.