

SEPARATORS (SPACERS)

Separators (also known as spacers) are used to create a small space in between neighboring teeth so that a metal ring called a band can be fit around the tooth. Our office uses two different kinds of separators: blue plastic separators and less commonly wire spring separators. Feeling the separators when biting down is common.

Teeth adjacent to the separators often become tender for the first two or three days. Dr Freeman highly recommends taking a non-prescription pain reliever immediately (Ibuprofen, Advil, Motrin) rather than waiting for symptoms to appear.

It is important to avoid eating any sticky or chewy foods (gum, caramel or taffy) as it will pull the separators out.

Separators need to stay in place for approximately 3 to 5 days however there are exceptions. Dr. Freeman will specify and the appropriate appointment will be scheduled for you.

Remember to simply brush your teeth normally, but avoid flossing in the areas where the separators are.

Do not remove the separators or there will not be room for the bands. Don't forget to call (941-953-7500) if a separator comes out!

Today, you/your child had _____ separators placed.