

INSTRUCTIONS FOLLOWING PLACEMENT OF SEPARATORS (SPACERS)

Separators or “spacers” are small doughnut-shaped elastics or springs placed between the teeth to make space so that orthodontic bands can be easily fitted and placed around the back molars.

Teeth may become sensitive and feel like something is caught between them for the first few days after placement. If necessary, feel free to give your child Tylenol[®] or other children’s non-aspirin containing pain medication as needed.

During this time teeth should be brushed to keep them clean. All areas between the teeth should be flossed **except** the locations where the separators are placed. To prevent premature removal or loss of the separators, avoid chewy or sticky candy and gum.

If any separators are lost, call us three days before the appointment when the braces will be placed or fitted. Lost separators may need to be replaced so adequate room will be present for placement of the braces.

CHESTNUT DENTAL ASSOCIATES

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