

Separators

What are separators?

Separators (also known as spacers) are very small rubber bands placed between your teeth which are used to create space between your teeth.

What do they do?

Separators will create space between your teeth so metal bands can be accurately placed to hold an appliance in the mouth.

Do they hurt?

Patients generally feel pressure between their teeth while separators are being placed. Your teeth will most likely become very sensitive or tender sometime later in the day. This discomfort should be gone after a few days. To relieve soreness, take whatever you typically take for a headache (for example, Tylenol, or Advil) and eat a soft food diet.

What if they come out?

Check your separators every day and make sure you haven't lost any. If you do lose one, call us during office hours and we can help determine if you will need to come in and have the separators replaced. To help keep your separators in place, don't eat anything sticky, chewy, or gooey, and don't floss in the areas where the separators are placed.