



## INFORMATION ABOUT SEPERATORS

### **What are separators?**

Separators or spacers go between the teeth to make room to place the back bands or rings around your teeth on the next visit. Usually the teeth touch each other. Forcing a band between the teeth would be uncomfortable or even impossible without some slight space between the teeth. Separators make this space.

### **Will there be discomfort with the separators?**

Separators will be uncomfortable after they are first placed. They feel like you have something such as a piece of chicken caught between your teeth. For the first few days, the teeth may ache a little. Aspirin, Advil, or Tylenol taken every four hours will take care of this discomfort. This pressure will disappear in a few days.

### **Can I eat normally with the separators in place?**

You should stay away from gum and other sticky foods that will pull out the separators. Caramels and taffies are not advisable.

### **Can I brush my teeth with the separators in place?**

Absolutely! Please make sure that you brush even more often than usual to keep the areas with the separators clean. Pleas do not use dental floss in the areas where the separators have been placed.

### **What do I do if the separators fall out?**

If you purposely or accidentally pull a separator out, the space for the band will not be created, and it will be uncomfortable when I attempt to place your bands. If the separator falls out by itself, it usually indicates that the space has been made to place the bands. If this happens within a few days of your banding appointment, there is no need to have them replaced. If your appointment is a week or more away then it would be best to have the separators replaced. Give us a call to be sure whether to have the separators replaced.

## **REMEMBER**

**\* NO GUM \* NO STICKY FOODS \* NO CARAMELS OR TAFFIES \* DO NOT FLOSS WHAERE I HAVE PLACED THE SEPARATORS \* DISCOMFORT MAY OCCUR BUT WILL GO AWAY \* CONTINUE TO BRUSH ALL AREAS \* CALL ME IF ONE COMES OUT \***

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