

LEARN ABOUT

# SEPARATORS



Separators (aka "spacers")



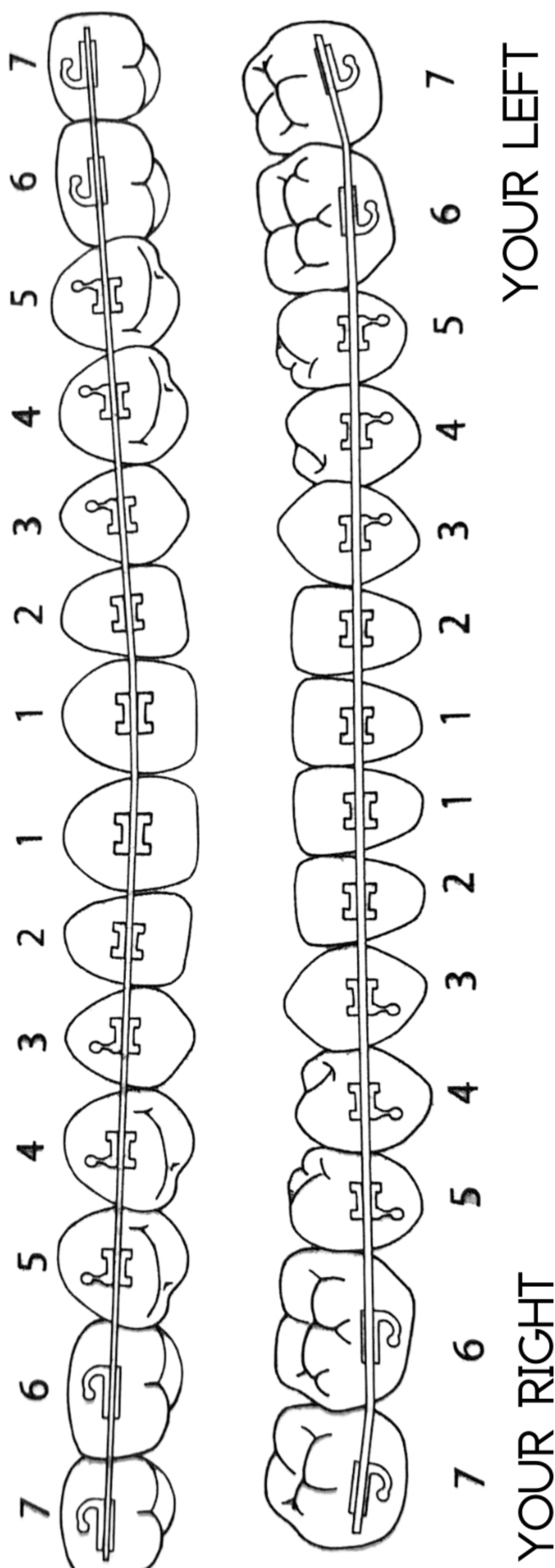
Orthodontic Band

## What are they?

- They are small rubber bands that squeeze between teeth to make room for a band.
- They feel like a piece of food is stuck between teeth.
- They stay in for 5-10 days to create space for your appliance or braces to go around your tooth.
- Do not eat any sticky/chewy candy.  
Ex: Starburst, Airheads, Gum
- Do not floss between teeth where separators are located.
- Separators can make your teeth sore, you can manage this with choosing soft foods or taking medication you might normally take for a headache.
- As space is made between teeth, separators may become loose and fall out, please call the office for advice if replacement is needed and when.

[WWW.DEHAANORTHO.COM](http://WWW.DEHAANORTHO.COM)

248.391.4477



[WWW.DEHAANORTHO.COM](http://WWW.DEHAANORTHO.COM)

248.391.4477