

## Separators

- The separators (spacers) that were placed today are designed to create a space between adjacent teeth so that braces can be gently placed on the teeth.
- The separators feel like a piece of meat or popcorn that is wedged between the teeth. Patients must resist the urge to remove the spacers which would make placing of the braces more difficult. If discomfort results from the spacers, the use of Ibuprofen<sup>®</sup> (Advil) or Acetaminophen<sup>®</sup> (Tylenol) may help.
- Normal brushing should not cause a separator to fall out. Flossing where a separator has been placed will result in loss of the spacer. It is critical to avoid sticky foods such as gum, caramel, and taffy.
- If a separator comes out, it is not an emergency but may need to be replaced. Call us during regular business hours and we will schedule an appointment to replace the separator.
- We are excited to have you in the practice, and we look forward to a happy and successful outcome!