



*Zinati Orthodontics*

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**Orthodontics for Children and Adults**

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### **SEPARATORS:**

Separators (sometimes called spacers) are either round, elastic-like modules or spring-like wires that are placed between the back teeth in order to create some space so that silver bands will fit easily on the back teeth. These are placed approximately a week before braces are placed.

### **What to Expect:**

1. If a separator falls out, please contact our office. If it is over the weekend, you may wait until Monday.
2. Do not play with separators. Keep fingers out of the mouth.
3. Brush normally, but do not floss in the area where the separators are located.
4. Do not chew gum or other sticky foods. Such items could dislodge the separators.
5. It is normal for the separators to feel loose/mobile.
6. Separators will probably make the teeth somewhat tender for a couple of days. If there is any discomfort, please feel free to use Tylenol or your choice of oral analgesics, as needed.