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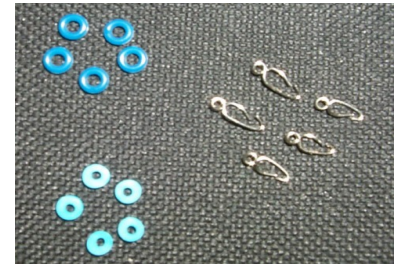
## **Your New Separators-Spacers**

### **DESCRIPTION**

Separators (spacers) come in two basic types: metal spring separators and circular elastic separators. Both function in the same manner. They are used to move or hold teeth slightly apart. Typically they are used to make space prior to fitting bands on posterior (back) teeth so that the banding procedure goes quickly and comfortably.

### **WEAR**

Separators are typically placed one to two weeks prior to the band fitting appointment. It is important that these separators stay in place. Therefore, please do not floss between the separated teeth or pick at them with your fingers or toothpicks as they may come out. If your separators are the metal type they will move up and down slightly. If any of the separators come out, please call us to have them replaced.



### **EATING**

While the separators are in place, certain foods will have to be avoided. Stay away from sticky, chewy food. **NO GUM**

### **CLEANING**

Continue to brush and floss all your other teeth daily. (**DO NOT FLOSS SEPARATED TEETH**).

### **SORENESS**

Some tenderness may occur within the first few hours, and may last from a couple of days to a week. When prolonged pressure is initially placed on a tooth, discomfort will almost always be experienced after several hours.