

Separators Patient Instructions

1. Separators are used to create space between the teeth before bands are fitted (at the next appointment)
2. The separators will feel a little bit like food stuck between the teeth, and will feel quite tight for the first 3-5 minutes.
3. The teeth will start to get sore later in the day, and will likely stay sore for the next 3 days, after which they will start to feel better.
4. Choose soft foods while the separators are in place.
5. Avoid any hard or sticky foods, as these may dislodge the separators.
6. If required, use pain medication to help ease your discomfort (Advil or equivalent can be a good choice).
7. The separators need to stay in place until the next appointment. If they fall out, please be sure to call the office as soon as possible, as the separators may need to be replaced.
8. Please continue to brush and floss as usual, but avoid flossing where the separators are placed. Be sure to brush carefully around the separators to avoid dislodging them.

