



## SEPARATOR INFORMATION

There are several types of separators, including “donut shape” elastics, metal springs and wire types. Only your posterior (back) teeth will require separators. Within seven to fourteen days, these separators usually create sufficient space between your teeth to allow your bands to be placed.

### GUIDELINES TO FOLLOW:

Please avoid chewy and sticky foods, which can dislodge these separators. Brush carefully, and temporarily don't use dental floss in the areas of the separators.

Occasionally teeth become slightly tender to pressure. If you experience any discomfort, Tylenol is recommended.

Periodically check to see if all your separators are in place. If any of the separators fall out before your next scheduled visit, please arrive 20 minutes prior to your scheduled appointment time. When you arrive, please let the receptionist know that you have lost a separator, and a technician will replace it.

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