

SEPARATORS

- ❖ **Separators are small rubber bands that fit between your teeth. This will help create the space for orthodontic treatments.**
- ❖ **Separators may be uncomfortable for the first few days. If medication is needed, Advil (ibuprofen) or Tylenol (acetaminophen) should be sufficient.**
- ❖ **Please do not pick at or floss area where the separators are placed. You should brush as usual with the separators in place.**
- ❖ **We ask that you not eat anything sticky or chewy such as chewing gum, caramel, or taffy. This could cause the separators to come out.**
- ❖ **If your separators come out it is important that you give the office a call at least 3 days in advance from your next scheduled appointment. (This is not an emergency).**

YOU HAVE _____ SEPARATORS