

## **Separators (Spacers)**

The purpose of spacers are to create space between teeth in order to fit appliances or to polish between the teeth.

### **Instructions**

1. Please do not eat anything sticky or chewy (i.e. tootsie rolls, caramel, gum, fruit snacks, etc.).
2. Please do not floss between the teeth where the spacers have been placed.
3. Please do not pick at or play with your spacers.
4. Please check daily to make sure that the spacers are still in place. If they fall out more than one day before your next appointment, please call our office to arrange to have them replaced.
5. Your teeth may become sore after spacers have been placed. You may take whatever you use to relieve a headache to help with discomfort.

*If you are unable to keep your next appointment after having spacers placed, please call our office as soon as possible to have your spacers removed and to reschedule your next appointment. Thank you!*

