**SEPARATORS (SPACERS)**

Separators are designed to gently create a small space between teeth. This space allows us to fit the metal bands (braces) around the teeth.

Some DO’S and DON’TS…

**DO**:

1) Every night before you go to bed, check to make sure the spacers are still in place.

- \_\_\_\_\_ spacer(s) was /were placed today in the upper / lower jaw.

2) Brush your teeth as normal. Floss all teeth possible except between the teeth with the spacers.

**DON’T**:

1) Don’t use your tongue or fingers to play with the spacers.  
2) Don’t brush your teeth hard where the spacers are located.  
3) Don’t eat foods that are sticky (Now and Later or Starburst candies), chewy or crunchy.

4) Don’t chew gum!

If a spacer should fall out or get pushed up under the gum tissue, contact us to have it replaced. If the spacer falls out the day before your appointment, there is no need to have it replaced.