

SEPARATORS OR SPACERS

What are they?

Little blue rubber bands that fit between back teeth to move them slightly apart so that braces (bands) can be placed around those teeth. The front teeth will have brackets (not bands) which are little squares that are glued onto the front teeth.

How long do I wear them?

For a week before the braces go on your teeth.

What do they feel like?

Like a big piece of food stuck in between your teeth. They make your back teeth sore, especially when you chew food. This only lasts for 3 or 4 days usually. Over the counter pain reliever may help. Eating soft foods for those few days may be helpful.

Are there any foods I can't eat?

- NO GUM
- NO STICKY CANDY
- NO flossing in places that have separators. Please brush normally.

Will they stay in?

Dr. Calef will remove them to put the braces on. You will not need them after that.

What happens if one falls out?

As long as they were not removed purposefully they do not need to be replaced, and you do not need to call. Usually it means that there will be ample space for Dr. Calef to place bands on the teeth.

Questions

1. What if I swallow one? No harm, it'll go right through.
2. Can I go to school or work the next day? Yes, but it may be helpful to plan soft foods for several days or pain reliever if teeth are uncomfortable.