

# Spacers/Separators

Spacer or separators have been placed between your teeth. Their purpose is to move your teeth apart slightly in order to make room for the bands. On your next appointment, the spacers/separators will be removed and the bands will be fitted on your teeth.

The spacers often make your teeth sore for 2-3 days. If the soreness does occur, eat a soft diet and take aspirin or an aspirin substitute, if you wish.

As your teeth move apart, the spaces may fall out. If they fall out, you can try to replace them. If you are not able to replace them or do not feel comfortable doing so, please call our office and we can determine if they need to be replaced and schedule an appointment if necessary.

Do not pick at the spaces with your fingers or use dental floss. Also, avoid chewing gum or eating any sticky foods that might pull the spacers out prematurely.

Proper care of the spacers will make it more comfortable for you when we fit the bands on your teeth!

## TWO TYPES OF SPACERS/SEPARATORS

**Rubber:** These are small circular blue donuts, which are placed between the teeth. As the donut contracts around the contact point of the teeth it forces the teeth apart.

**Metal:** These look like a small metal hinge and are used when the contact between the teeth are so tight that the rubber separator can't be placed. These separators are not as efficient and we often replace them a week after placement with the rubber spacer.

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