

Spacers

Spacers (separators) have been placed between your teeth. Their purpose is to move your teeth slightly apart in order to make room for the orthodontic bands which will be placed at the next appointment. At your next appointment, the spacers will be removed and the bands will be fitted and cemented on your teeth.

In many instances, the spacers will make your teeth sore for two or three days. If soreness should occur, eat a softer diet and take Tylenol or a suitable substitute if you feel it is needed. Avoid sticky foods and flossing between the teeth where the spacers have been placed as this may cause the spacers to come out.

As your teeth move apart, the spacers may fall out. If they should fall out, do not try to replace them. Also, should they fall out, it is not always necessary for you to call us or to come to the office for replacement of the spacers. This indicates there is enough room for the bands. The exception to this would be if the spacers were to fall out more than one week before your next appointment. In this instance, please call the office.

DON'T pick at the spacers with your fingers. If you do, they may come out before the teeth have moved apart enough to allow placing of the bands.

Remember, proper care of the spacers will make your job and our job much easier when we fit the bands on your teeth.