

SEPARATORS (SPACERS)

What are they?

- Separators (or spacers) are small, doughnut-shaped modules or springs. They are placed between your teeth for up to a week before your next appointment.

Why do we use them?

- To create space between your teeth so the bands can be placed around your molars accurately.

What should I expect?

- The separators can feel like a piece of food is stuck between your teeth. Your teeth will be very sensitive, but the discomfort will be gone in a few days. To relieve any discomfort, rinse your mouth with warm salt water and take some Tylenol or Advil.

What shouldn't I eat while the separators are in?

- Avoid any sticky or hard foods, because they can contribute to the separators falling out.

What if the separators come out?

- Please call us before your next appointment. We need to replace your lost separator(s) so adequate room will be present for your banding appointment. Our office number is (650) 961-5047.

