



Separator/Spacer Instructions

What are separators? Orthodontic separators, also known as spacers, are small rubber/elastic rings that are placed between teeth to create space for orthodontic bands.

How should I care for my separators? Avoid foods that are sticky, ooey, & gooey, such as gum, caramel, taffy, Tootsie Rolls, fruit snacks, etc.

How do I brush with separators? Brush and floss as normal, except where separators are placed. Flossing will remove separators, which should be avoided.

How do I manage discomfort? It may feel uncomfortable and feel as if you have food stuck between your teeth. This is normal but may take some getting used to. Any pain or discomfort can be managed with ibuprofen (Advil or Motrin) or acetaminophen (Tylenol). Please do not remove separators, even if they cause soreness. These are important and need to stay in until your next scheduled appointment.

*If a separator comes out within the first few days, please call us to see if it needs to be replaced!



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