



Associated  
Orthodontists

EST. 1969



## Separators

In some orthodontic cases, bands need to be placed on the back molars to provide additional support. Bands are metal rings that fit around the teeth. Since most people do not have space between their teeth, it would be difficult to place the band around the teeth and would cause discomfort. Therefore, separators are placed in between the teeth to create space. Separators are small, non-toxic, elastic rings shaped like donuts. Over the course of approximately one week, the separators will gently move your teeth apart to create enough space for the bands to fit.



### INSTRUCTIONS AND INFORMATION

- Brush normally.
- Do not floss where the separator is placed.
- Do not chew gum or eat chewy/sticky foods such as caramel, taffy, Milk Duds, Skittles, etc.
- If a separator falls out, contact the office.

**Separators may cause soreness, which will only last a few days. Rinsing with warm salt-water will help relieve the discomfort.**

GreatBraces.com