

# Spacers

## Description

The elastic separators that we use resemble small rubber/plastic rings.

## Purpose

Spacers, also referred to as separators, help make space between the back teeth. Normally, teeth contact each other very tightly. We will need some extra space between your back molars so that bands can be sized and fitted easily within the next several weeks.

## Care

It is important that the spacers stay in between the teeth. Please do not pick at them with your fingers or toothpicks- they may fall out! Sticky foods also pull spacers out. Therefore, please avoid sticky foods such as gum, caramel, taffy, fruit rollups, etc.

## Discomfort

Since the spacers actually cause the teeth to move slightly, there is likely to be some soreness. This may occur within a few hours and can last from several days to a week. If necessary, Tylenol or Advil can be taken to relieve the minor discomfort. It is also helpful to rinse with  $\frac{1}{2}$  teaspoon of salt in a glass of warm water before each meal.

## Cleaning

Be sure to continue brushing as usual, but you will need to avoid flossing between your teeth that have spacers or they may come out.

## Maintenance

Check the spacers daily to be sure they are still in between the teeth. Call the office immediately if they are missing. They may need to be replaced, depending on when they fell out and when you are coming in for your next appointment.