

## SEPARATORS

Just what are separators or spacers anyway? Those donut shaped “O” rings, which have been placed between your back teeth, are called separators. They do just that....they cause a slight separation between the back teeth to allow Dr. Bryant to place a brace ring right around each back tooth at your next visit.

They may feel tight....much like a piece of food stuck between your teeth. For the next few days, your teeth may feel sore or sensitive. Any discomfort should not last for more than a couple of days. Take Tylenol or Advil as needed at the recommended dose.

It is important that these separators remain in place until your next visit, so check them every day. Don't eat sticky foods such a gum or taffy and don't floss these spots because these activities may dislodge the separators. If one comes out, try to replace it with a spare as we demonstrated or you may call the office for an appointment for replacement of the separator.