

Separators



Separators are small doughnut shaped rubber rings or wire springs that are used to create small spaces between your teeth for the fitting of orthodontic appliances.

- Do not floss or use a toothpick around separators.
- Do not chew gum or have any hard or sticky candy.
- Check separators every day! If you have lost any separators please replace them or call our office for assistance. If this is not done, your appliances cannot be placed at your next appointment.
- You have ___ separators in the upper arch, and ___ in the lower arch. These can be either blue or white.



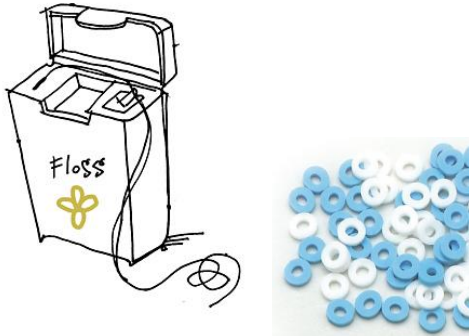
What to Expect

- Your teeth will become sensitive, but the discomfort should disappear in a few days.
- To help reduce the soreness, rinse your mouth with warm salt water and take an over the counter pain reliever.

Turn Page Over →

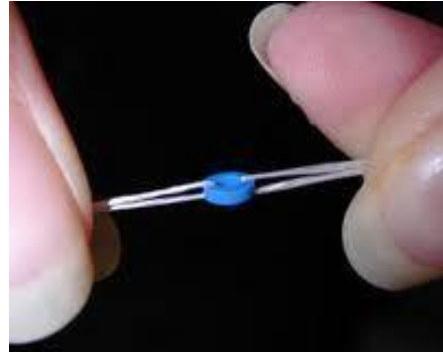
How to replace a lost separator

Get two pieces of floss and your separator.



Step 1

Thread the two pieces of floss through the separator, and then wrap the floss around your pointer finger.



Step 2

Pull fingers away from each other so the separator is now almost flat and tension is created.



Step 3

Gently work the separator between your teeth like how you floss. After you have pushed the separator between the teeth, carefully pull the floss out. Sometimes it is necessary to hold your finger over the separator when you pull the floss out.



Step 4