

KATHLEEN
VALENCIA
ORTHODONTICS



SEPARATORS

Separators (spacers) were placed today. The following information is to help you understand the purpose and care of your separators.

1. The purpose of separators is to make room on either side of the teeth. This will assure a proper and more comfortable fit of your bands.
2. All sticky and chewy foods should be avoided. (i.e.: gum, taffy, gummy bears, tootsie rolls...)
3. Please do not attempt to remove or pull at your separators with fingers, a toothpick, or other objects. It will feel like you have a piece of food wedged between your teeth.
4. Brush thoroughly but do not floss between the teeth where spacers were placed.
5. Teeth may be sensitive or sore. Tylenol should ease any discomfort you may have.
6. Check the spacers after brushing each night. If you lose any spacers more than 2 days before your next appointment, call us! so that we can replace the lost spacer to make proper room for the bands. If you are unable to reach us during regular office hours, please leave a message. Thank you.