

Separators

The function of separators is to make a small amount of space between the teeth so that metal bands may be placed around the teeth for the appliance.

As these teeth move slightly apart, this may result in some tenderness for approximately 4-5 days.

Please find some information below for the separator process:

- Keep teeth and gums clean by brushing after eating (Do not floss near separators)
- Softer diet is recommended for the first few days
- Rinse with warm salt water to help relieve tenderness
- If tenderness is significant some pain relief can be taken
- Avoid any sticky/chewy foods as these may dislodge the separators
- Do not fiddle with or attempt to remove the separators as it will be impossible to fit the appliance if space does not exist between the teeth.

Please call the practice on 9389 0766 if the separators fall out.

