



INSTRUCTIONS
.....
spacer
(separator)

SPACERS (OR SEPARATORS) are small elastic rings or wires that fit between teeth to help move the teeth apart and allow orthodontic bands to fit around them.

1. They may feel like you have a piece of food between you teeth or are chewing on something when you bite down.
2. Spacers can be uncomfortable, especially when you try to chew. This will only last a few days. Advil will help to relieve the discomfort. Sometimes the best relief comes from your normal chewing.
3. While the spacers are in, **DO NOT CHEW GUM OR ANYTHING STICKY** that might pull the spacers out.
4. Do not floss the areas where the spacers are located.
5. Spacers can fall out if there is enough space between the teeth or if you poke it with you tongue, fingers or other objects. If this happens, we ask that you replace the spacer* or come in and let us replace it.
6. You have spacer(s).

*TO REPLACE A SPACER, THREAD TWO PIECES OF FLOSS THROUGH THE SPACER. FLOSS IT THROUGH THE CONTACT. PULL THE FLOSS OUT ONE AT A TIME AND HOLD DOWN SPACER WITH ONE FINGER.

