

Separators



Separators are small, donut shaped rubber bands placed between two teeth (normally back molars), to make space for a silver band to fit around the tooth comfortably at a later date.

The separators are stretched into a thin band and then are gently flossed between the back teeth to create small spaces. This may only take one to two weeks to do! Placement will depend on how many teeth you have and the type of treatment you need.

If you lose a separator, please call us to book back in to have it replaced. We need to hold that space open between the molars in order to fit your bands comfortably at the next appointment.

CLEANING

Brush your teeth as you normally do, but avoid flossing as this will cause the separators to fall out.

EATING

You must not eat anything sticky (chewing gum, mints or toffees) as these will get caught in your separators and pull them out.

SORENESS

You may experience temporary discomfort over the first couple of days as the separators push on the teeth to create space.



Total Duration

Usually separators are in for two weeks, before the appliance gets glued in.



Remember!

It is a good idea to check all of your separators in the mirror after brushing your teeth or eating.

This way you will know if you have lost one during the day without noticing.

Keep your tongue away from your separators. If you play with them too much they will fall out.

If you swallow one, do not panic, it will not cause you any harm.