



Separating Elastics (Spacers)

Congratulations! We've placed ____ spacers, which means you're about to start treatment. The spacers are little rubber bands we've placed between your teeth to help create a space for your bands.

While you have your spacers in, you should avoid eating sticky foods like taffy and caramel.

You should also be careful brushing, and don't floss between the teeth being separated.

Occasionally a spacer may fall out, so you should check them every morning when you get up and every night when you go to bed and call us if you notice one is missing.

Your teeth may be tender as your teeth start to move. Don't worry, that's normal. You can take whatever you would for a headache and rinse with some mouthwash or warm salt water.

PLEASE DO NOT REMOVE THE SPACERS, THEY ARE VERY IMPORTANT FOR YOUR NEXT APPOINTMENT.

Good luck! ☺



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