

# SEPARATORS



## What do separators do?

Separators (often called spacers) are small doughnut-shaped rubber rings that are used to create just enough space between your teeth in preparation for placing bands or orthodontic appliances.

## How will it feel?

Separators feel as though a small piece of food is caught between your teeth. Your teeth may be sensitive, but any discomfort should disappear in a few days.

## Troubleshooting:

**Discomfort:** You may find it helpful to use over-the-counter pain medications to ease any pain or discomfort (be sure to follow the dosing directions on the bottle).

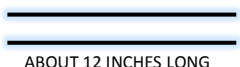
**What NOT to do:** Do not floss or use a toothpick around spacers. Do not chew gum or have any hard or sticky candy. These activities may cause the separators to fall out prematurely.

**What if I lost a separator?** Sometimes separators may come out. Please contact us promptly if this occurs. Check every day to make sure you have \_\_\_\_\_ separators!

**Can I try putting the separator back in myself?** Absolutely. Here's how:

### Step 1:

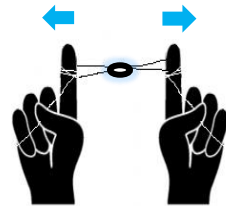
Get two pieces of floss



and your spacer. ○

### Step 2:

Thread one end of a piece of floss through the spacer and wrap both ends around your finger on your left hand. Repeat with the second piece of floss and wrap it around your finger of your right hand.

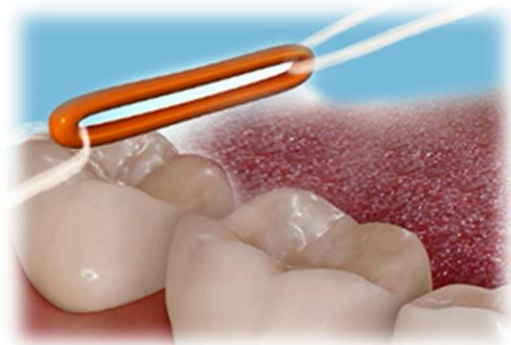


### Step 3:

Stretch the separator by pulling your fingers away from each other.

### Step 4:

Gently floss the spacer down and in between the appropriate teeth. When it is in place, carefully pull the floss out. You may need to hold your finger over the spacer while you are pulling the floss out.



Anchorage  
(907) 563-3015

Drs. Richard & Kelvan Luff  
lufforthodontics.com

Wasilla  
(907) 373-6411