

# Separators

## Instruction Guide



### WHAT ARE SEPARATORS?

Separators are small rubber rings, usually positioned on either side of the first molars, to gently make space around the teeth in preparation for the placement of bands.



It is normal to experience tenderness or discomfort for a few days. This feels like having a piece of food caught between your teeth. You might find it necessary to take some mild pain relieving medication.

You should brush your teeth as you normally would, but please don't floss where the separators are.

Please stay away from sticky foods, such as chewing gum, as these will pull the separators out.

If a separator falls out, please call us to make an appointment to have them re-inserted.

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