

## Separators or Spacers

- Avoid sticky foods such as taffy, caramels, starburst, skittles, gummy candies and gum as they might remove the spacers. Also, avoid hard foods such as ice, nuts and hard candy as these might break the spacers and cause them to fall out.
- Separators might cause your teeth to get a little sore. This is normal. Exercising your teeth with the bite wafer provided will usually make them feel better.
- Each patient is unique, and their needs are different. For some people, the use of an over-the-counter medicine similar to that taken for a headache can be used to help the soreness. If this is needed, it is usually only for a day or two.
- It is important to brush and floss your teeth normally, but do not floss around the separators, as this might cause them to come out.
- If your separators fall out, please call the office 4 days before your next appointment. If they fall out less than four days before your appointment, don't worry about it.