

SEPARATORS



To straighten your teeth, braces and bands are placed on your teeth. Bands are stainless steel rings that are placed around the posterior molars. They serve as anchors to move the crooked teeth in the front. Normally, teeth are in very tight contact with each other and only when space is made in front and behind this tooth can the band be placed. To make this space, we must place a separator.



How Do Separators Work:

A separator is a small blue colored rubber band that contracts over the period of a week. As the rubber band contracts, the teeth are pushed apart slightly.

How Does It Feel:

Separators feel like a piece of meat or popcorn between your teeth. As the elastic begins to work, you will feel pressure at the molars as the teeth begin to move. The discomfort that you experience will last 1-3 days. Mild over-the-counter pain relieving medication such as Tylenol, Advil, or Motrin is very effective to make you comfortable.

What You Will See:

After the separators are placed, you should see the blue colored edge wedged between the back teeth.

Precautions:

Please do not eat anything sticky or chewy since this will cause the separators to prematurely come out. Please also do not floss the teeth where the separators were placed.

Instructions:

Please check that each separator is still in front and behind the molars each night. If a separator falls out, please call the office and a member of our staff will place a separator back 1-2 days before your braces placement appointment.