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### **PATIENT INSTRUCTIONS: SEPARATORS**

Separators or spacers have been placed in between some of your teeth. Their purpose is to slightly move the teeth in order to make room for bands. At your next appointment, the separators will be removed, and the bands will be cemented on to your teeth. The separators may make your teeth sore for two or three days. If this does occur, eat a softer diet (pasta, bread, soups, etc.). You may also take headache reliever to alleviate the soreness.

As your teeth move apart, the separators may fall out on their own. If this happens, do not try to replace them. If they fall out within two days of your next appointment, do not worry. There will be enough space for the bands to fit. If they fall out or break prior to the two-day window, it is not an emergency, but we do ask that you call the office during office hours to make an appointment.

**DO NOT CHEW GUM OR EAT STICKY FOOD/CANDY. DO NOT PICK AT THE SEPARATORS WITH YOUR FINGERS.** Both actions may cause the separators to come out before the teeth move enough to fit the band.

Proper tooth brushing is very important. Food tends to collect around the separators while eating, so make sure to keep these areas clean. **DO NOT FLOSS WHERE THE SEPARATORS HAVE BEEN PLACED.**

Proper care of the separators will make your next appointment much easier when we fit the bands on your teeth. Please follow these instructions to ensure the best results at your next appointment!