



ORTHODONTICS

Separators (Spacers) What to Expect



Before your expander/appliance is placed, we may need to create a little space between your teeth. We do this using small rubber rings called *separators* (or spacers). These help make it easier to fit your bands comfortably.

What will it feel like?

It's normal to feel a little soreness or pressure for a few days. This means the spacers are working!

- Try rinsing with warm salt water to feel better
- Eating and chewing normally can also help your teeth adjust

⚠ Important Care Tips

- ✓ You can brush your teeth as usual
- ✓ You can floss your teeth—just **skip the areas with spacers**
- ⊘ Avoid sticky or chewy foods (like gum, caramel, or gummy candy)
These can pull your spacers out

! If a spacer falls out

Don't worry—it happens!

- Take a long piece of floss, double it up
- Gently floss the space where the spacer was

If you're unsure, feel free to contact our office—we're happy to help!

You've got this!

These spacers are just a small step toward your new smile :)