



Spacer Instruction

A **spacer** is also called a **separator**. It is a rubber ring or metal wire that is used to make space between the teeth. They slowly move certain teeth apart to allow us to accurately place bands on your next appointment.

- It is important that **ALL** of the separators stay in place. As the separators begin to make space, they may feel “wiggly”. This is normal.
- The spacers might cause temporary soreness. Rinsing with warm salt water can help to relieve this soreness. Tylenol or Advil may be taken for any temporary soreness the spacers may cause.
- Do **NOT** play with your separators with your tongue. This may cause them to fall out.
- Do **NOT** floss any teeth with the spacers between them.
- Do **NOT** eat sticky and chewy food when the spacers are in place.

IMPORTANT! If the patient accidentally dislodges the spacer, then a new spacer should be placed before the band date. We need that space at your next appointment to place your braces in the most comfortable way. If you have any questions, please call our office as soon as possible for further instructions at 909-646-9600.