

Separator Instructions

Separators (seps) are small elastics or springs which are placed between the teeth to create a small gap around the teeth (usually the back molars) to allow easier placement of orthodontic bands. They will remain until the next appointment.

Avoid eating any sticky foods which may dislodge the separators prematurely. Continue to floss and brush regularly but **DO NOT** floss between the teeth which have the separators.

The teeth will normally be a bit sore for a couple of days. If necessary, you can take whatever pain medication you normally use.

Be sure to contact us if you have any problems. If any separators are lost prematurely, let us know and we will advise you on what course of action to take.

Dr. Mark Antosz and Staff