



**Purpose:**

Separators are small plastic rings or metal springs placed between your teeth to open space for bands that will be placed around the teeth at your next appointment. Your next appointment may vary in length due to the appliance(s) you may be fitted for.

**What happens if they fall out?**

If separators fall out 1-2 days prior to your appointment, don't worry about it they don't need to be replaced. If your appointment is more than 2 days away, then please call our office, as it may be necessary to replace them for adequate space. Separators are harmless if swallowed.

**Discomfort:**

Your teeth may be sore for a day or two after the separators are placed. Avoid any chewy or sticky foods and take Tylenol or Advil as needed for discomfort.

If you have any questions about your separators, please call us at **(717) 637-4131**.