

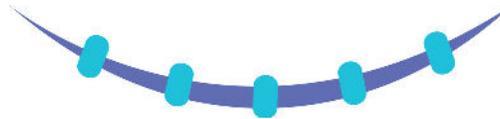
HOW MANY DO I HAVE?



YOU HAVE _____
SEPARATORS



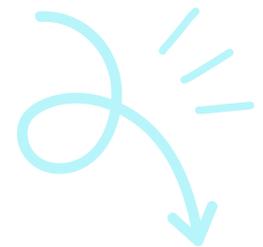
If a separator falls out a few days before the next appointment, that usually means enough space has been made and there is no need to come in to replace it.



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EVERYTHING YOU NEED
TO KNOW ABOUT...



SEPARATORS

SEPARATORS



Normally your teeth fit snugly, one against the other. Often we need to move these teeth apart a little so that we can properly fit your braces.

Small latex-free rubber bands are the type of separators we use. Once in place they gently “separate” your teeth to allow us to accurately place your bands at the next visit.



WHAT TO KNOW...

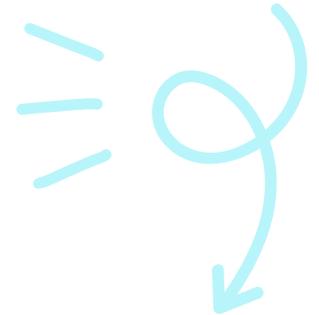


Separators may cause you some temporary discomfort for a few days. Ibuprofen or Motrin will help with this soreness.

The purpose of these separators is to allow bands to be placed in the most comfortable manner for you.



YOUR RESPONSIBILITY



- Watch your eating habits
- NO gum or sticky, chewy foods
- Brush normally but don't floss in areas where the separators are
- Do not play with the separators with your tongue or fingers (it's normal for them to feel loose)
- Be sure to count them every night and call us if any of the separators fall out. If this happens over the weekend, wait to call us on Monday.