



# SEPARATORS

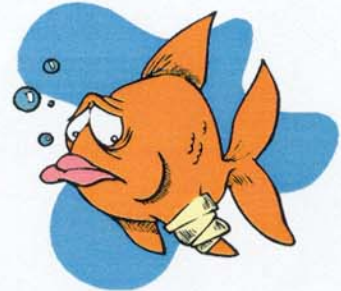


You have just had small elastics or wires placed between your teeth so that spaces can be made in order to fit bands around your teeth at your next appointment.

Some of the following symptoms may occur as a result of your separators:



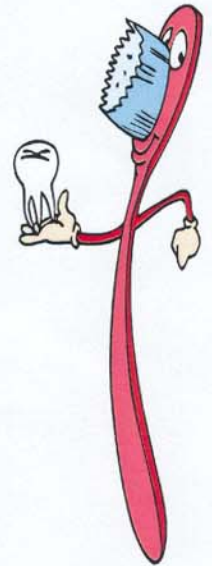
- 1) Your teeth may become sore.
- 2) You may not be able to eat solid foods.
- 3) Your separators may fall out 2-5 days following your separation appointment.



## THINGS TO DO:



- 1) If needed, take 2 pain relievers (provided you have not been advised otherwise) until the discomfort lessens.
- 2) Eat soft foods such as soup, pudding, instant breakfast, etc. until the tenderness is tolerable.
- 3) Brush regularly, but be careful around the separators so as not to dislodge them.
- 4) If your separators fall out, call the office unless otherwise advised and bring them to your next appointment in an envelope or clear bag.



## THINGS NOT TO DO:



- 1) DO NOT eat sticky foods or candy such as caramels, taffy, gummi bears or gum, as these will pull your separators out of place.
- 2) DO NOT floss between teeth where separators were placed.



Dr. Marsha K. Albright  
Castle Town Square South  
4284 Route 8  
Allison Park, PA 15101-1415  
(412) 487-6555