



Helping Hands

Jennifer K. Hargleroad, DDS, MS

2105 Bighorn Road, Unit 202

Fort Collins, CO 80525

(970) 493-2254

WEARING SEPARATORS

The purpose of wearing separators is to make room for the braces, appliances or space maintainers that will be attached to your teeth on your next visit. Small elastics are put between the places where the teeth touch each other to create a space.

Your teeth will feel very “tight” for the first few days. This feeling should go away in a short while. Please do not be concerned if your bite is a little different. This is a natural feeling while separators are in place.

Here are some **DO’S** and **DON’TS** to follow while you are wearing separators:

❖ DO’S

- o **Do** continue to eat healthy foods.
- o **Do** brush your teeth back and forth. (The separators could be pulled out by brushing up and down.)
- o **Do** take an over the counter pain reliever (such as Tylenol or Ibuprofen) that your child typically takes for normal discomfort as needed for the first day or two. Please be sure to follow the manufacturers dosage instructions for the product you choose. If your child has asthma, please be certain to only use Tylenol or acetaminophen products.
- o **Do** be sure to keep your next scheduled appointment with your dentist.
 - NOTE: If the separators come out 4 days or more before your appointment, please contact our office to see if new separators will need to be placed before your next appointment.

❖ DON’TS

- o **Don’t** play with or pick at the separators.
- o **Don’t** eat any sticky or chewy foods (such as gum, taffy, and caramels).
- o **Don’t** floss in between the teeth where the separators are located.
- o **Don’t** be concerned if some of the separators fall out. If you have been careful to brush back and forth and have avoided sticky foods and the separators fall out anyway, it just means that space has been made.

If you have any questions about the separators, please contact our office at (970)-493-2254.