

## Information about Separators

1. Separators come in two forms: rubber and metal. Both types are meant to make small space between your teeth in the back so that we can properly fit bands (small ring-like braces for your back teeth) your next visit. What type of separator we use depends upon how tight together your teeth are.
2. Separators may make you feel as if you have something stuck between your teeth, such as a piece of corn or apple. It also may feel as if you are biting on them a little when you touch your teeth together. Both of these feelings are completely normal and are to be expected.
3. Your teeth will likely feel sore for a few days following separator placement. Feel free to take an over-the-counter pain medication such as Tylenol or Ibuprofen **as directed on the bottle** to alleviate any discomfort you may feel.
4. While you have separators in, please DO NOT floss in the areas where the separators are placed. If you do, the separators will likely come out. Please note this is the only time we will recommend no flossing in certain areas.
5. Please be very careful with the foods you eat while you have separators in your mouth. Foods that are sticky, chewy, and hard must be avoided as these types of foods will likely cause your separators to come out.
6. If a separator does come out, please give our office a call to see if the separator needs to be replaced prior to your next appointment.
7. If you ever have any questions regarding your separators, please call our office and we will be happy to assist you in any way we can.

We are looking forward to seeing you again soon!

Dr. Bomeli and The Solon Orthodontics Team

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