

# INSTRUCTIONS FOR **Separators**

Separators have been placed between your teeth to make room for your braces. It usually takes 7 to 10 days for the separators to make enough space for the bands to be placed. These separators may cause some soreness as the space is created; consequently, they may loosen and fall out. If any are lost, please call our office. It may be necessary to replace the separators before your banding appointment unless 2 or 3 days before appointment.

**While the separators are in place you are asked to follow these rules:**

**1**

Avoid sticky or chewy candy.

**2**

Do not use the dental floss where the separators have been placed.

**3**

Do not play with the separators with your tongue.

**If you have further questions regarding your separators please call our office.**

If you are unsure or have any questions regarding your retainers, please call us at: **888.55.BRACES**  
[www.coolsmilesorthodontics.com](http://www.coolsmilesorthodontics.com)

