

Separators / Spacers



*Spacers are small circle shaped rings or wire springs that are used to create space between your teeth.

*Eat normally, but avoid sticky foods.

*Brush and floss your teeth normally except for the teeth with the spacers.

*Check spacers every day. If you lose any spacers, call the office to replace as soon as possible.

*Spacers can make your teeth sensitive for a few days to reduce soreness, rinse with warm salt water and take aspirin or acetaminophen.