



Spacers

A spacer or separator is a small rubber ring placed between the teeth. Its purpose is to open the contact between the teeth slightly in order to make room for band(s) that will be placed on the tooth.

The spacers may make your teeth sore for two or three days. If this occurs, eat a softer diet and, if you wish, take any over counter medicine that you would normally take for a headache. Spacers should be kept between the teeth until your appointment. If the spacer falls out, tears or is missing, it is important to replace it with another spacer as soon as possible.

NO CHEWING GUM OR STICKY CANDY PLEASE!

As your teeth move apart the spacer(s) may fall out. Please do not try to replace them, unless we have shown you how to do so. If they fall out within two days of your appointment, do not worry. There will be enough space for the bands to fit. If they fall out prior to then, please call us for an appointment.

Do not pick at the spacer with your fingers. If you do, they may come out. Proper tooth brushing is very important and may be difficult, as food will tend to collect around the spacer after eating.

DO NOT FLOSS WHERE THE SPACERS HAVE BEEN PLACED!

On your next appointment the spacers will be removed and your bands will be fitted and/or cemented on to your teeth.

**PLEASE REMEMBER TO CALL US IF YOUR SPACERS FALL OUT
PRIOR TO YOUR BANDING APPOINTMENT.**