

Instruction for Separators

1. The teeth which are separated may become somewhat sore. This is normal and can be expected. Take mild analgesics if necessary.
2. Do not pick at the separators. If they come off while eating or brushing within a few days after being placed, please call the office. If they come off on their own one or two days before the banding visit do not worry. This is because small spaces are being made and the separators will sometimes loosen and fall out.
3. Brush as well or better than usual, even around the separators.
4. Do not floss where the separators are inserted, as they may fall off.
5. **NO Chewing Gum or Sticky Foods of any kind.**