



ortho info from rto

S E P A R A T O R S / S P A C E R S

Separators are little rubber elastics which fit in between your back teeth. They gently open small spaces between these teeth so that bands can be placed at your next visit.

Your teeth may be sensitive. Any discomfort should disappear in a few days. To relieve any soreness, Tylenol or what you normally take for a headache would be fine. Foods that are sticky or chewy like gum should be avoided.

Please continue to brush regularly and floss only between teeth that do not have separators in them. If a separator happens to fall out, don't worry, enough space has been made. If you have any questions, please call during our regular office hours.

A lost separator does not have to be replaced.

