

Separators

Separators (spaces) are small plastic rings which are stretched between the contact points of the molars. As they shrink back they absorb moisture and swell, thus moving the teeth slightly apart creating spaces for the placement of the bands on the molars. You will be tempted to play with them as they feel as though you have food caught between your teeth. Please don't as they will make it more difficult to select the bands if they come out. They may make your teeth slightly tender but this will pass.

Avoid the soft sticky foods like chewies and toffees as these may pull the separators out. If one does come out you should be able to push it back in. If a couple come out and you can't get them back in, please phone my rooms.

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