



2991 Treat Blvd., Ste. F • Concord, CA 94518 • (925) 689-4790

FACTS ABOUT SEPARATORS

The purpose of the separators is to create small spaces between your back teeth. These small spaces are necessary in order to fit orthodontics bands (tooth rings) at your next visit.

When the separators are placed, you may feel pressure when you bite down. This sensation is similar to having food stuck between your teeth. You may also experience some discomfort when the teeth begin to move. Please take Tylenol or Advil for this tenderness.

Remember to brush your teeth as usual. Please do not floss around the separators and stay away from sticky foods because it may dislodge them.

Please check daily to ensure that none of the separators have fallen out. If any of the separators are missing, please call our office to have them replaced.

THANK YOU!