

SEPARATORS:

Introduction

Your Separators, (also known as spacers), are round elastic rings in-between the back teeth, in order to create space. This will let us choose the correct size band for your back teeth, at your next appointment.

They may feel loose, chewy and on the verge of falling out, but rarely do. Sometimes, the space opens up quickly, and the separators can drop out. If this happens more than 2 days prior to your next appointment, please contact us.

For the first few days, they may make your teeth and gums sore. This should be just temporary. If your teeth feel sore, eat soft foods, which don't require much chewing. If necessary, take what you normally would take for a headache.



Diet

STICKY FOODS

Biting into sticky foods can dislodge your separators, so try and avoid such foods. If this does happen, please telephone for an appointment as soon as possible



If you have any problems, please telephone our clinic for an appointment as soon as possible on 9586 9653

Fluoride

Fluoride reduces the damage from plaque acid. If you are lucky enough to live in an area which has fluoridated water, you already have some protection.

However always try to use a fluoride toothpaste and/or mouthwash.



Maintenance:



TOOTH BRUSHING

If you do not clean effectively, plaque will build up on your teeth. Your gums will become infected and swollen, and bleed easily. The plaque bacteria also make acid, which can make white marks, and even cavities. This is preventable, but very difficult to fix later. If your cleaning is not good enough, it may be necessary to remove your appliance and stop your treatment because of the risk of damage to your teeth.

However, avoid flossing where the separators are, as it dislodges them.

