



Yenne & Schofield, P.C.
SPECIALISTS IN ORTHODONTICS

ORTHODONTIC APPLIANCE FACT SHEET

Separators or Spacers

SEPARATORS OR SPACERS are small elastic donuts or springs that slide between the teeth. They gently push the teeth apart and create space so that we can comfortably fit bands at your next appointment.

Things to Know

- Avoid sticky foods such as taffy, caramels, Starburst, Skittles, gummy candies and gum as they might remove the spacers.
- Separators might cause your teeth to get a little sore. This is normal.
- Each patient is unique, and their needs are different. For some people, the use of an over-the-counter pain reliever similar to that taken for a headache can be used to help the soreness. If this is needed, it is usually only for a day or two.
- It is important to brush and floss your teeth normally, but do not floss around the separators, as this might cause them to come out.
- If your separators fall out, please call the office. If they fall out 2 days before your appointment, don't worry about it.