

instructions for separators (seps)



what does a separator do?

Separators are placed between two teeth (normally back molars), to make space for a silver band to fit around the tooth comfortably at a later date.

why do I need them?

Normally the back molar teeth fit very tightly up against each other so we often need to move them slightly apart to make room for your appliance.

Separators are small, doughnut shaped pieces of rubber that are gently squeezed between the back teeth to create the minor space needed which only takes one week to do!





- 1** The procedure is done by one of our Hygienists. The amount of separators you have placed will depend on how many teeth you have and the type of treatment you need.



- 2** The separators will be flossed in between your molars with an orthodontic instrument.

discomfort

At first you may feel some discomfort for 2 to 3 days. If you've ever had food caught between your teeth it's very similar to this! Taking Panadol or Nurofen may help.

remember

If you lose a separator, please call us to book back in to have it replaced. We need to hold that space open between the molars in order to fit your bands comfortably at the next appointment.

It is a good idea to check all of your separators in the mirror after brushing your teeth or eating. This way you will know if you have lost one during the day without noticing.

Keep your tongue away from your separators. If you play with them too much they will fall out.

If you swallow one, do not panic, it will not cause you any harm.

**two to three
days later
both sides are
comfortable
again**

it is up to you

Panadol or Nurofen can be used to ease any discomfort you may experience

Try not to play with your separators with your tongue

Check to see if any have fallen out after brushing and eating

Do not forget your next appointment!