

instructions for separators (seps)

two or three
days later
both sides are
comfortable
again

it is up to you □

Stay away from hard and sticky foods and lollies.

Clean your teeth as normal, making sure you do not floss where the separators have been placed.

Let us know if you lose a separator so we can replace it quickly.

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

Do not forget your next appointment!



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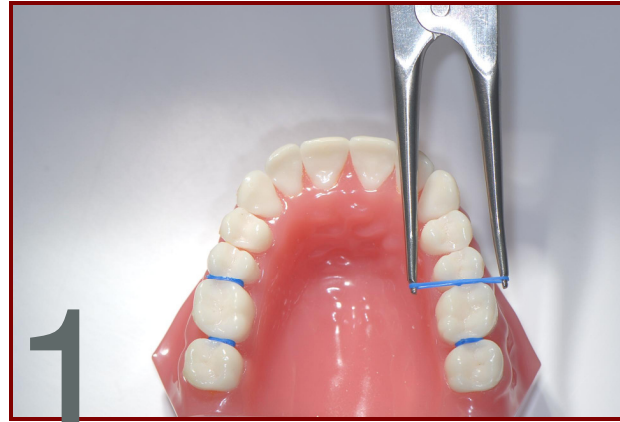
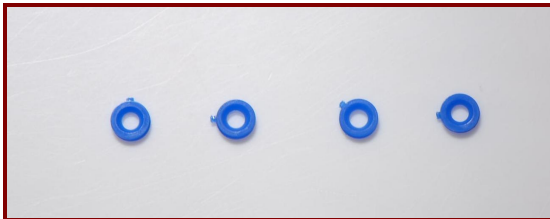
what does a separator do? □

The separator is placed between two teeth (normally molars), to make space so a silver band can be comfortably placed on a tooth.

why do we do it? □

Normally the back molar teeth fit tightly up against each other, so often we find we have to move them slightly apart to make room for the braces.

Separators are small doughnut shaped pieces of rubber that get gently squeezed between the back teeth to make the minor space needed. It takes about a week for enough space to be created, so that we can comfortably and accurately place your bands for your braces, Rapid Maxillary Expander, Lower Lingual Holding Arch etc.



The separators are placed by one of our Hygienists. The amount of separators you need, will depend on how many teeth you have and the type of treatment you need.



The separators will be flossed in between your molars with an instrument.

discomfort □

At first you may feel some discomfort for 2 to 3 days. Taking a Panadol or Nurofen may help.

remember □

If you lose a separator, call us so we can book you in to replace it. We need to hold that space we have created until your next appointment, in order to place your bands in the most comfortable manner for you.

It is a good idea to check your separators after each time you brush your teeth or eat. This way you will know if you have lost a separator 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.