



**PARKER**  
**ORTHODONTICS**  
*your smile • inspired*

500 Kenwood Avenue  
Delmar, NY 12054  
518.439.9339 Phone

Member  
American Association of  
Orthodontists



## SEPARATING THE TEETH

- 1) Teeth normally contact each other very tightly. If we want to place braces on and between the teeth as comfortable as possible, we must separate the teeth. This is accomplished using elastic separators (spacers) that are placed between the teeth.
- 2) Separators act by gently wedging the teeth apart. This may give rise to some tooth soreness and discomfort. This soreness can be relieved with warm salt-water rinses and eating softer foods for a few days. Also Ibuprofen (Advil, Motrin), Naproxen (Aleve) or Tylenol can be taken. Read instructions for proper dosage. This soreness should only last two to three days.
- 3) Avoid sticky foods such as caramel, taffy and gum. Do not pick at or floss where the separators are.
- 4) If a separator falls out and is swallowed do not be concerned.
- 5) If a separator falls out a few days after being placed it may need to be replaced. Call the office if this happens to see if an appointment will be needed to have the separator replaced.
- 6) If the separator falls out the day before the appointment it does not have to be replaced.
- 7) If you have any questions do not hesitate to ask us.