



Separators

- Separators create space between teeth
- After being placed, you may experience discomfort to pressure especially when chewing
- Use Advil (ibuprofen) to ease discomfort
- Brush normally but do not floss where they are placed
- Avoid sticky foods such as gum, toffee, jube jubes, etc.
- If a separator falls out it may need to be replaced. Check the space between the teeth with floss. If the space is tight call for an appointment to replace the separator.