



What are separators?

Separators are small rubber bands that are placed between your back teeth to create space so that brackets can be easily fit onto your teeth.

How are they inserted?

The separators are wiggled in between the teeth where space needs to be created. They are inserted approximately a week before getting your braces.

Do they hurt?

You may experience some mild discomfort after the separators are placed but this should only last for a day or two.

Can I eat with them?

You should avoid eating sticky and chewy foods (gum, taffy, chocolate bars, etc.) while you have separators.

Can I brush and floss with them?

You can brush around the separators as usual but do not floss in these areas as you may dislodge one.

What happens if one falls out?

You should check daily to make sure the separators are still in place. If you lose a separator, please call our office right away. You might need to have them placed again, or your orthodontist may feel you now have enough space between your teeth.

How are they removed?

Your orthodontist simply pops the separators out when they are ready, which is generally easy due to the space they created.

