



Separators

Before impressions are taken or your braces are fitted, our Oral Health Therapist will often place separators between the back teeth. Separators help make a space around your teeth so that braces/plate can be fitted comfortably.

What should I expect?

Having separators fitted feels a bit like flossing between your teeth. There is a little pressure but no pain. Once your separators begin to work (after a few hours) your teeth might feel sore to chew on. This usually lasts about 24 hours. It can help during this time to eat softer food. If the spacers are annoying you don't be tempted to poke at them with your fingers as this could irritate the gum or push the spacer out of position.

What happens if these separators come loose?

As the separators take effect and make space, they might work their way loose. This is normal and nothing to worry about. Do not worry if you swallow them because they are not harmful (non-toxic). If a separator comes loose please call our office. You may be asked to return a day or two before your next appointment to have the separator refitted.

When will they be removed?

The separators will be removed on the day your impressions are taken and/or the day braces/plate is fitted.

How do I clean my teeth?

Cleaning your teeth with separators in place is the same as usual. Brush gently around the area where the spacers are and do not floss this area.