

Separators are small rubber rings that are placed between your teeth to open space for bands that will be placed around your back teeth at your next appointment.



**What happens if they fall out?**

If the separators fall out 1-2 days before your appointment, don't worry about it – they don't need to be replaced. If your appointment is more than 2 days away, please call us as it may be necessary to replace them.

Separators are harmless if swallowed.

**Will it hurt?**

The back teeth may become a little tender for a day or two after the separators are placed. You may take some mild pain-relieving medication such as paracetamol or ibuprofen if required.

**Can I brush and eat normally?**

Brush your teeth as normal but don't floss around the separator. Don't pull at them with your fingers either.

If the teeth are tender, eat softer foods. Avoid any chewy or sticky foods that may dislodge the separators.