



# Orthodontic separators (seps)



In order to establish space between your back teeth, we have placed small elastic rubber bands also known as separators. The separators will create space between your teeth for the preparation of fitting bands to make your appliance.

Once the separators are in place, the patient will feel as though there is a piece of food caught in between their teeth. The involved teeth may exhibit some degree of soreness. This dull, achy feeling may last for the next day or two, and should then subside. During those first couple of days, over the counter pain medication can be used to help with any discomfort.

The separators need to be in place for about a week to do their job. After a few days, the separators may create enough space and the separator can fall out on their own. This is perfectly ok and is not an emergency; it simply means there is enough room now. If your appointment is within one to two days then we do not need to replace this sep. However, **if your appointment is three or more days away**, contact us so we can make a quick appointment to replace it.

## Please take the following precautions:

- ▶ Do not take the separators out on your own.
- ▶ Avoid chewing gum and sticky foods (caramel, taffy, tootsie rolls, gummy bears, or sticky candy).
- ▶ Brush carefully around the separators.
- ▶ Do not floss in the areas of the separators.
- ▶ Make sure at bedtime all separators are in place. Example: 2 seps, 4 seps, etc....