

# MaryBeth Marcincin, D.M.D., M.S.

1414 Millard Street  
Bethlehem, PA 18018

## Separators

Separators or spacers have been placed between your teeth. Their purpose is to move your teeth slightly in order to make room for the bands.

On your next appointment, the separators will be removed and bands will be cemented on your teeth. The separators may make your teeth sore for two or three days. If this does occur, eat a softer diet and if you wish, take what you would normally take for a headache.

### **NO CHEWING GUM OR STICKY CANDY WHAT SO EVER!**

As your teeth move apart the separators may fall out, please do not try to replace them. If they fall out within two days of your banding appointment, do not worry. There will be enough space for the bands to fit. If they fall out or break prior to then, it is ***not*** an emergency, please call us during office hours for an appointment.

Do not pick at the separators with your fingers. If you do, they may come out before the teeth move apart. Proper tooth brushing is very important and may be difficult, as food will tend to collect around the separators after eating. Make sure that these areas are kept clean.

### **DO NOT FLOSS WHERE THE SEPARATORS HAVE BEEN PLACED**

Remember proper care of the separators will make your job and our job much easier when we fit the bands on your teeth.

**PLEASE REMEMBER TO CALL US DURING OFFICE HOURS IF YOUR SEPARATORS FALL OUT PRIOR TO YOUR BANDING APPOINTMENT. THANK YOU!**