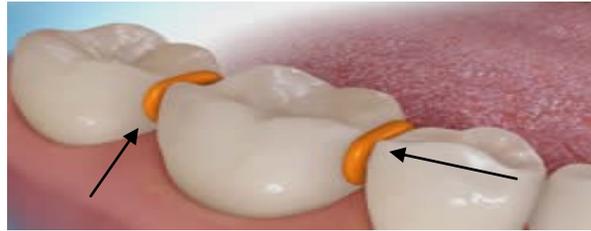




# moshiri orthodontics

*for a smile that lasts*



## SEPARATORS

Drs. Moshiri will use bands on the back molar teeth to provide additional support and to allow for different attachments. The bands are essentially metal rings that completely surround the teeth. Since most people's teeth do not have spaces between them, it would be nearly impossible or very difficult to place bands without adequate space between teeth. It would also likely be uncomfortable for the patient. Therefore, one of the first steps in the process of orthodontic treatment is placement of the separator, or "spacers" appointment. The appointment is needed a week prior to placing bands in order to provide room between the teeth. Separators are small elastics (rubber bands) that are first stretched out with a special separator instrument. Then, they are simply flossed into the contact where space is needed. While the separator is being placed, the patient may feel slight pressure or a "pushing" sensation - this is due to the pressure needed to allow the rubber band to squeeze through the contact of the teeth. Sometimes, as the separator begins to touch the gum tissue, a "pinch" feeling may be noticed. This sharp feeling will usually go away within a minute or two. Once the separators are in place, the patient will notice that they feel as though a piece of food is caught between their teeth. Usually within 4-6 hours after placement, the soreness from tooth pressure/movement will begin. The dull ache feeling will normally worsen over the next day or two, and will then subside. During those first couple of days, over the counter pain medication can be used to help with the pain. A non-aspirin pain reliever (e.g. Tylenol, Advil, etc.) will help relieve the soreness.

**Please note; Do not eat anything sticky or chewy with the separators in place. Do not pick at the separators. Brush the teeth around the separators as well or better than usual. Do not floss in the areas where the separators have been placed. If a separator falls out a day or two after it is placed, call the office and schedule to have it replaced. If a separator falls out a day or two before the next scheduled appointment, it does not have to be replaced. It means that it has done its job and created enough space for a metal band to be fit around the tooth. If the long call us to have the separator removed and then replaced before the rescheduled long appointments.**

**Separators should never be in place for longer than 14 days.**

If in the event your separators become loose in the timeline described above, please call **(314) 4-BRACES.**