

ROBISON

ORTHODONTICS

SEPARATORS

“Spacers,” as they are often called, are by definition small doughnut shaped rubber rings that are used to create small spaces between your teeth for the fitting of orthodontic bands or appliances.

WEAR:

Do not floss or use a toothpick around spacers

Do not chew gum or have any hard or sticky candy

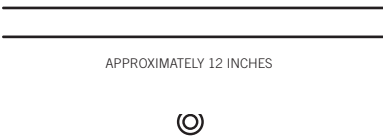
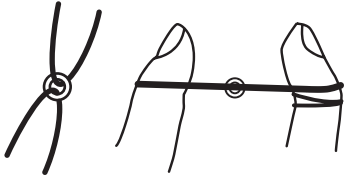
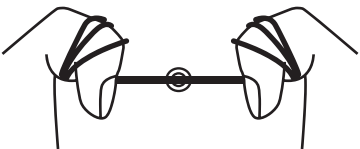
Check spacers everyday! If you have lost any spacers, please replace them (if space between teeth is too large and spacer keeps falling out, don't worry about replacing as room is plenty to place orthodontic bands.

You have _____ Spacers.

WHAT TO EXPECT:

Your teeth will become sensitive, but the discomfort will be gone in a few days
To help reduce soreness take Tylenol, Advil or Motrin.

HOW TO PUT THE SPACERS IN

<p>STEP 1 Get two pieces of floss and your spacer</p>  <p>APPROXIMATELY 12 INCHES</p>	<p>STEP 2 Thread the two pieces of floss through the spacer, and then wrap the floss strings around your pointer fingers.</p> 
<p>STEP 3 Pull fingers away from each other so the spacer is now almost flat and tension is created.</p> 	<p>STEP 4 Just like you would floss between your teeth, gently work the spacer between your teeth. After you have pushed the spacer between the teeth, carefully pull the floss out. Sometimes it is necessary to hold your finger over the spacer when you pull the floss out.</p> 