



Eric W. Howard, DMD, PhD
Manish Lamichane, DDS, MMSc
Andrew C. Long, DDS, MSD
Ross E. Long, Jr., DMD, MS, PhD

SEPARATORS

The purpose of separators, or spacers, is to create space to fit your bands. These separators may cause some soreness. This is normal and should go away in 3 to 5 days. You may want to eat a softer diet during this time. You may also take Advil, Tylenol, Aspirin, etc. according to package directions for discomfort.

It is important for the separators to stay in until your next appointment. So guess what? No more chewing, gummy bears, caramels, taffy, licorice, etc. Sticky or chewy foods will pull your separators out. Sometimes the teeth move apart and a separator or two may fall out. If this happens within one week of your banding appointment, you do not have to have the separator(s) replaced. If your banding appointment is more than a week away, please call the office to have them replaced.

During the time your separators are in, it is very important to brush properly. Brush your teeth as you would normally. You may floss, except in the areas where separators have been placed.

Separators are only temporary and should not be left between the teeth unsupervised for a period of time longer than four to six weeks.

REMEMBER: PROPER CARE OF SEPARATORS WILL MAKE BOTH YOUR JOB AND OUR JOB FOR BANDING MUCH EASIER.