



CAPOGNA ORTHODONTICS

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Spacers Instructions

- Your separators (spacers) are placed between your posterior (back) teeth.
- They are special elastics that gently push your back teeth apart, making tiny spaces to make your next appointment (fitting the bands or silver rings) comfortable for you.
- Spacers are usually described as feeling like there is food caught between your teeth. The word 'annoying' is very common. But bear with it, they are only temporary and they will be removed at your next visit.
- Please avoid chewy, sticky foods, especially candy and gum which can dislodge these spacers.
- Brush regularly but don't floss in between the teeth with the spacers.
- Remember, teeth become slightly tender under pressure. If you experience any discomfort, Tylenol or Motrin is recommended.
- If your spacers fall out before your next scheduled visit, please call the office for instructions.