

## ABOUT YOUR SEPARATORS

Separators are placed at the first appointment anytime that bands around the back teeth are required. They are tiny blue rubber bands and are used to create a small hair-width space each side of the molar tooth. This space is essential so that a stainless steel band can be easily slid down over the molar tooth at the next visit.

### **You can just eat normally and brush normally.**

No flossing, as this will pull them out. You must not eat anything sticky (chewing gum, mints, toffees) or this will get caught in the separators as you eat and pull them out.

### **Return to the practice if they break or fall out.**

If one or more of the separators do fall out you will need to call us and arrange to return to the practice to have them replaced. The reason for this is because the space will close up again if the separator is not in place. If the space has closed up again when you return, we will not be able to do what was planned and more time with a separator in place may be required.

### **No need to return if they fall out within the last two days before your next visit.**

In this situation there is no need to return, as the space created will stay there for up to two days before it closes again.

### **Keep some paracetamol handy.**

Most patients experience some temporary discomfort over the first couple of days as the separators push on the teeth.