



Instructions for Separator Elastics

What are Separators?

Separators are very small blue elastic rings that get placed between your teeth to make room for bands to be placed around the teeth.

Why do I need separators?

As part of your treatment you require bands to be fitted at your next appointment. At the moment your teeth are very close together. Separators slowly push adjacent teeth apart to leave a small gap over a day to a week. This means at your band-fitting appointment less pressure will be required to push these 'rings' into place around your teeth.

How will I feel after my separators have been placed between my teeth?

Everyone's experience is different, ranging from no problem at all to some pressure. If you begin to experience some discomfort it should only last a few days at the most. Chewing sugar free gum and taking over the counter pharmacy pain-relief tablets can be used if required. In general the 'irritation', if any, should be no more than the feeling of food stuck between your teeth.

What are my responsibilities until my next orthodontic appointment?

We would like you to check every night that the separators are still in place (by counting them) and to let us know if any of the separators have come out. However, if the separators have fallen out the day or night before your next scheduled appointment then there is no need for an emergency visit, but if they come out earlier then we would like you to give us a call as you will need to come back in so they can be placed in again as the gap won't be large enough yet. Please do not 'poke-out' the separators. Separators should not be left in for an extended time, so it is very important that you attend your next appointment given to you. This will be made before or at the time separators are placed.

What can I eat? What foods should I avoid?

Continue with your normal diet but avoid any hard or sticky foods such as sticky lollies.

Can I still clean my teeth normally?

Yes, still continue to clean your teeth normally with your toothbrush but avoid flossing between the teeth where the separators have been placed.

If you have any concerns or questions please do not hesitate to contact us on ph: (03) 9576 9000

Dental Emergencies call Royal Melbourne Dental Hospital ph: (03) 9341 1000

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