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Instructions for Wearing Your Separators

You play an important role in the creation of your new smile. Patient cooperation can affect the length of treatment and the quality of the final outcome, so please follow our instructions carefully and contact us if you have any questions or concerns.

Dental hygiene is particularly critical while you are wearing braces—brush your teeth several times a day and see your dentist every six months for a check-up and professional cleaning. Avoid sticky, hard, and chewy foods.

If you have an after-hours emergency, call our office at 978-369-3690 and follow the instructions on our recorded message.

Separators are elastic O-rings or small wire loops placed between the teeth to create space for the orthodontic bands (the stainless steel bands that encircle the molar teeth).

- When the separators are first placed, it may feel like food is stuck between your teeth, and your bite may feel different.
- The teeth may feel sore during the first few days, especially when you are biting down. Over-the-counter pain relievers will help.
- Avoid eating sticky or chewy foods because these can cause the separators to come out.
- Avoid flossing between the teeth that have the separators, and avoid pushing on the separators with your fingers or tongue. These actions can make the separators come out.
- If any of your separators do come out, please call the office so that we can determine if you need to have them replaced. If there are just a few days until your next appointment, they may not need to be replaced.