

DAVID C. ADAMS, D.D.S., M.S.



*SPECIALIST IN ORTHODONTICS FOR CHILDREN AND ADULTS
SPECIALIST IN PEDIATRIC DENTISTRY*

Your Separators

1. Separators are doughnut shaped elastics that are placed to create a small amount of room between the back teeth for the ring shape bands to be placed on the back most “molar” teeth. This allows Dr. Adams to get an excellent fit of the molar band without creating discomfort for the patient.
2. The separators will feel tight at first and the teeth may experience some slight discomfort when chewing. This feeling should disappear in 24 to 48 hours.
3. Do not floss or pick around the separators as they may become dislodged.
4. When you bite on the separators, the bite will feel a little different but that is normal.
5. Maintain your normal diet but **avoid all sticky foods**.
6. If the teeth are too uncomfortable, Tylenol should help.
7. If any separators fall out immediately, this means the space between the teeth is already large enough for the bands.
8. If you lose a separator for any reason, please call the office and if necessary, we may have you come in 15 minutes early for your next appointment or we may schedule you to replace the lost separator.

Thank you!

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