



ENGINEERING SPECTACULAR SMILES WITH SUPERIOR SERVICE FOR AMAZING PATIENTS[®]

SPACERS/SEPARATORS

Spacers create space between teeth so the orthodontic bands can be fit more comfortably during subsequent visits.

To ensure the spacers achieve the most effective result, please follow the guidelines below.

GUIDELINES

- No sticky foods. These foods may pull the spacers out of place. Examples: gum, gummy bears, caramels, fruit roll-ups, taffy, etc...
- No hard foods as these may push the spacers too far into the gums. Examples: peanuts, popcorn, pretzels, pizza crust, raw vegetables, apples, bagels, etc...
- Don't floss or brush excessively hard where the spacers are located to avoid displacement.
- If more than one spacer per side falls out before your next appointment, please call the office.

WHAT TO EXPECT

- You may feel pressure between the teeth for several days after their placement. Although rarely necessary, your usual over the counter pain medication can be taken during this time.
- You may feel the spacers when biting, this is normal.
- Separators should not be left in place for more than 3 weeks to minimize problems with the gums. IF YOUR NEXT APPOINTMENT IS MORE THAN 3 WEEKS AWAY for any reason, notify the office and let them know you have spacers in and Dr. Papandreas requests an earlier appointment.

For more information about this treatment and Papandreas Orthodontics please visit our website at www.DrPapandreas.com.

As always we emphasize a team approach for the best orthodontic result possible. Please remember your effort will play the biggest role!

14200 Ridge Rd * North Royalton OH (440) 582-8585 | 3511 Center Rd, Brunswick OH * (330) 558-9092

www.DrPapandreas.com