



## YOUR SEPARATORS

Today you have received your first separators. The purpose of the separators is to make a small space between your back teeth, which will allow us to fit bands on those teeth at your next appointment without having to force the band between tightly touching teeth.

With separators, you may feel some pressure between your teeth, similar to the feeling of food caught between your teeth. The pressure between the teeth usually subsides within 48-72 hours. Until the pressure subsides, you may take ibuprofen, acetaminophen, or a similar pain reliever to ease any discomfort.

Be sure to continue brushing your teeth, but **do not floss between the teeth where the separators are**, or they will fall out. Chewing gum or eating sticking candy will also cause the separators to come out, so will ask that you avoid these foods as well as popcorn the kernels can get lodged under the separator and cause discomfort. **If the separators do fall out, it is not an emergency.** If dental floss goes between the teeth with little resistance, the separators have done their job and you can leave them out. If not, please call us so we can schedule an appointment to replace the separators.

Separators usually should stay in the mouth no longer than fourteen days. If a separator appears missing and you did not see it fall out, it will be necessary to take an x-ray of that area before cementing bands to ensure that the separator is not remaining in the gum tissue area. If for some reason you cannot make your banding appointment, please call us to have your separators removed. A new appointment will then be made to replace your separators at a later time. **Not having the separators removed may result in damage to your gums or teeth.**

Dr Yoshikane and Team  
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