



What? .. small doughnut shaped elastics or springs placed between your teeth.

Why?.... to create space between your teeth so the "bands" can be accurately placed.

And!!.....your teeth may be sensitive, but the discomfort will be gone in a few days.

So!!.....to relieve any soreness, rinse with warm salt water and/or take two Tylenol or Advil periodically.

Brush, but **do not floss**, around the spacers. **Flossing will cause them to come out.** Please do not pick at them for this may also cause them to come out. We would like the spacers to stay in place until you come in to have your bands placed.

Please do not eat things that are sticky or gooey. They can pull the spacers out.

If you lose any SPACERS ...

1-2 days before the appointment -- it should be okay. Do not worry about having it replaced.

3 or more days before the appointment -- call our office. It is not an emergency, but we may need to have you come in to replace the lost spacer before your scheduled appointment.