

First step: SEPARATORS

- WHAT.... Small doughnut shaped elastic modules or springs placed between your teeth.
- WHY..... To create space between your teeth so the “bands” can be placed accurately.
- AND..... Your teeth may become sensitive, but the discomfort will be gone in a few days.
- SO..... To relieve any soreness, rinse your mouth with warm salt water and/or take Tylenol.
- IF..... Spacers fall out by themselves do not be concerned. This means they have done their job!
- BUT..... Don't pick at them or eat sticky foods that may pull them out prematurely. Their purpose is to make your next visit easier.
- DON'T..... Floss your teeth where the separators are placed.

** If you have any questions call our office 703.356.8781 **

DO'S

Hershey Kisses
Ice cream
M&M's (all kinds)
3 Musketeers
Peanut Butter Cups
Popsicles
Life Savers
Popcorn
Reese Pieces

DON'TS

Bubble Gum
Caramel
Frozen Candy
Gummy Bears
Jolly Ranchers
Starburst
Twizzlers
Skittles
Salt Water Taffy