



# Delaware Smile Center

Family Orthodontics

## ORTHODONTIC SPACER INSTRUCTIONS

- Spacers or “separators” are small rubber circles that go between the back molars which move your teeth slightly apart for the bands to fit around your tooth. This may cause temporary soreness that will go away in a few days.
- Gummy, sticky and chewy foods can pull out the spacers so you must not eat those foods when you have spacers.
- Flossing where the spacers are can cause them to come out, so only floss your other teeth that do not have spacers. Brushing is important with spacers, so make sure to do a good job brushing!
- If you lose a spacer, try putting it back in. If you are unable to put it back, call us so we can replace it for you.