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Separators/Spacers

Separators/Spacers are rubber bands used in orthodontics to create space between molars in order to prepare for the fit of a metal band. Since most people's teeth do not have spaces between them, it would be very difficult and uncomfortable for the patient to have bands placed without spacers. The spacers stay between the teeth for approximately one week to allow the teeth to move slowly apart.

Once the separators are in place, the patient will notice that they feel as though a piece of food is caught between their teeth. Usually within 4-6 hours after placement, the soreness from tooth pressure/movement will begin. During those first couple of days, over the counter pain medication can be used to help with the pain.

Avoid any chewy, sticky gum or candy to prevent the spacers from falling out. Also, do not floss in between the teeth where the spacers are placed. If any of the spacers come out, please call our office.

