

SEPARATION

Successful orthodontics depends upon **co-operation and teamwork**. As a patient, your participation will help to ensure more rapid and pleasing results. We cannot over-emphasize this need for co-operation in several areas: proper wearing of and caring for your appliances, whether they are attached to your teeth or removable, maintaining good oral hygiene and keeping your scheduled appointments. Parental involvement, if applicable, is always encouraged and sometimes necessary to monitor and assist in accomplishing these tasks. For our part at Braceland, we will do everything possible to help you achieve your orthodontic goals.

In order to fit orthodontic bands onto your molar teeth, it is necessary to create space between these teeth. Small elastic separating rings are gently placed between your teeth. These slowly, over a few days, move these teeth slightly apart. This can cause temporary mild soreness, but usually this goes away within a day or two. Occasionally, elastic rings cannot be placed properly, and it may be necessary to use metal springs.

Avoid eating sticky foods such as chewing gum and sticky candy, and avoid using toothpicks or dental floss in the areas where your separators are placed.

If you lose a separator, or if you see or feel that it is being pushed into your gums, call the office immediately. Let us know exactly what the problem is so that we can assess when and how to help you.

Separators are meant to be in your mouth for a short term only. Be sure to keep your next appointment as scheduled. The separators will be removed and your new braces will be inserted.

Congratulations! You are now on your way to a beautiful and healthy smile.