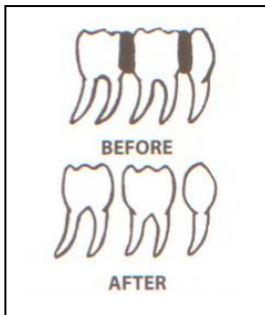


## TAKE CARE OF YOUR SEPARATORS!

### HERE ARE A FEW THINGS YOU NEED TO KNOW:

- Separators create space in between your teeth so we can comfortably place orthodontic bands around your molars.
- DO NOT chew anything sticky while you have Separators. All kinds of gum and chewy/sticky foods will make these fall out too early. Please stay away from having them.



- Do not try to take the separators out and do not play with them
- Do not floss in the area the separators are placed
- If the Separators fall out, you can try to replace them by threading two pieces of floss through the separator and stretching it and flossing it in between the teeth again.
- Your teeth may be tender during the first few days of wearing Separators. Tylenol or Advil will help the discomfort while you are getting used to them. The tenderness is normal and should disappear within one week.