



GARY M. HOLT, D.D.S., P.C.
personalized orthodontics

Spacers/Separators

Spacers are generally blue rubber circles that go between your back teeth to create space for your molar bands to go on. They may cause some discomfort the first few days after they are placed; this is normal because the teeth are moving. You may take some headache medicine to help alleviate the discomfort.

After the spacers are in avoid sticky foods as it has a tendency to pull the spacers out. This is the only time you will hear a dentist say this but do not floss the teeth where the spacers are as it will pull them out.

If you loose a spacer follow this general rule: If it is 3 days or more until your next visit then call our office to get the spacer(s) replaced. If it is 2 days or less until your next visit then we should have enough space and no call is required. In general, check 3 days before your next visit and count all of the spacers to make sure they are all there (remember they are the big blue things in the back of the mouth). If you are missing one then you are 3 days out and need to call our office to get the spacer(s) replaced.