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*Throughout your treatment, we will instruct you on how to wear the specific orthodontic appliance necessary for your treatment. Please feel free to call us if you have any questions or concerns. For your convenience, instructions for wearing your orthodontic appliance are provided below.*

## SPACERS

### APPLIANCE TIPS

The first step in your orthodontic treatment is to obtain separation by placing spacers in between your teeth. During the next few days you may experience some discomfort as the teeth begin their initial movements. Generally, discomfort is mild and subsides within a couple of days. Common pain relievers, such as Advil, can be taken if needed.

The spacers generally stay intact until your banding appointment. In the coming weeks, please call us for replacement evaluation if any of your spacers comes out sooner than the day before your banding appointment.

#### TO MINIMIZE LOSING SPACERS, PLEASE:

- \* Avoid sticky foods (for example, candy and gum) that could pull the separator out of place.
- \* Avoid flossing the areas that have spacers.
- \* Brush gently around the spacers.
- \* Keep the spacers in place, even if they may feel loose.

#### WE WILL MAKE EVERY EFFORT TO ENSURE YOU ARE COMFORTABLE.

#### PLEASE CALL US WITH ANY QUESTIONS YOU MAY HAVE.

- \* If the spacer is lost, please floss the contact area. If open contact is present, then you do not need to come in for replacement of your spacers.
- \* In rare cases, spacers can get stuck in the gums. If this happens, please call us to let us know.