



ASSOCIATED
ORTHODONTISTS

Separating Elastics

We have placed a small elastic rubber band between each of your back teeth to provide enough separation (or space) to place bands.

- 1. Occasionally an elastic may come out when enough space is present. We have placed _____ separators. Count the separators in your mouth once each day to be sure none were lost. If any separating elastics are lost please call our office.*
- 2. These elastic separators may make your teeth tender. Your usual pain reliever may be of Help and a mouth wash or warm salt water rinse (1 teaspoon of salt in a tall glass of warm water) may be used to relieve the soreness.*
- 3. NEVER REMOVE ELASTIC SEPARATORS FROM BETWEEN THE TEETH (EVEN TO BRUSH, AND DO NOT FLOSS BETWEEN THE TEETH BEING SEPARATED).**
- 4. After the elastic separators have been placed, brush your teeth and gums very carefully but thoroughly – brushing too vigorously may dislodge the separators.*



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