

SEPARATORS

You have just had tiny blue or clear elastic bands called “separators” placed between your molar teeth. These make room for the bands which will be fitted to your back teeth as part of your braces next week.

Separators often feel as though you have food caught between your teeth. Though they are not usually painful, the separators may make your teeth feel tender over the next few days particularly while you are eating. Some short term pain relief may be required until your teeth move apart and the discomfort eases.



WHAT TO EXPECT NEXT WEEK

If you are having upper and lower braces fitted next week your appointment will take approximately 1-1.5 hours.

PAIN

The braces will not be sore during placement or immediately after they have been placed, however they do feel slightly “weird”. Later that evening or early the next day it is usual to expect general tenderness. The level of discomfort experienced depends on the individual. You may need to use some form of pain relief. Discuss this with your pharmacist who will assist you to select the type of pain relief that you require.

FOOD

A soft diet will reduce your level of initial discomfort. Prepare in advance by stocking up with foods such as noodles, yoghurt, soup, pasta, tinned fruit and smoothies prior to your braces placement.

MOUTHGUARD

Think about whether you intend to play sport (which requires a mouthguard) during your braces treatment. If this is the case you will need to indicate your mouthguard requirements to us during your braces fitting visit.

BRACE COLOURS

If you have opted for standard braces, you will be offered a colour choice for the part of the braces which is replaced at each adjustment (at no extra cost). Tooth coloured or silver elastics are a good option if you don't want the braces to appear too noticeable.

FOOD

Normal food and drink will not generally disturb your separators. We do however recommend that you avoid sticky foods such as chewing gum, minties and toffees as these will easily dislodge your separators.



If you feel that one or more separators have fallen out please **PHONE THE SURGERY** during business hours Monday to Thursday on: 9371 6088 to arrange a time for replacement.

BRUSHING

Normal brushing over your separators will not dislodge them, however do not floss the surrounding teeth as this may remove the separators!

REMEMBER

To focus on your brushing over the next week, particularly along gumlines. This keeps your teeth and gums in peak condition and allows for more comfortable placement of your appliance.