

Tooth Separators

Tooth separators are small rubber bands flossed between the teeth. They fit snugly between two teeth and might be necessary to ensure your orthodontic bands have enough room to fit properly.

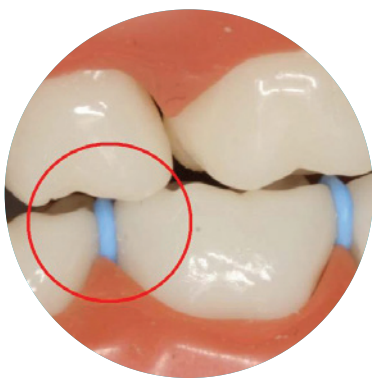


AVOID STICKY FOOD

The tooth separators fit snugly between teeth, however, eating sticky food can cause them to come out of place. Avoid foods like:

- Gum
- Caramel
- Sour Patch Kids
- Laffy Taffy
- Starbursts
- Tootsie Rolls
- Gummy Bears
- Swedish Fish
- Mike-n-Ikes
- Hot Tamales
- Etc.

SOUND MIND,
BODY AND *Smile*



AVOID FLOSSING WHERE SEPARATORS ARE PLACED

Make sure you are cleaning the areas where the separators are placed, but do not floss! This will remove your separators.

Brush your teeth and rinse with mouthwash during this period.

MISSING SEPARATOR

We recommend checking your separators once a day. We recommend checking at night when you are brushing your teeth. Keep track of your separators, and if one is missing, call the office to get it replaced.



SoundSmile.com

RENTON HIGHLANDS
(425) 430-8844

SOUTHCENTER
(206) 575-1194

WEST SEATTLE
(206) 935-2414