

SEPARATOR/SPACER INSTRUCTIONS

Spacers were placed today to help make room for your future braces and/or appliances. Expect to be somewhat sore this evening and for the next two days. Basic instructions are as follows:

- **DO NOT** eat anything sticky (i.e. taffy, caramel) while the spacers are in place.
- Use Advil or Tylenol if you are really uncomfortable.
- **DO NOT** floss the area where the spacers are at.
- If the spacers fall out immediately after the appointment please contact us. If they fall out a day or so before your next visit you do not have to be concerned.