

A spacer is a device placed between teeth that creates a small space. **Spacers/Separators** are custom tailored to fit snugly between each tooth and move them slightly apart. The space created is necessary to accommodate the braces/appliances that will be placed at your next visit. This procedure allows us to make your orthodontic experience successful.

Kadar guides for a great result!

- Be aware that the Spacers will be moving your teeth slightly. This can cause more discomfort than any other part of treatment.
- Do not get discouraged. Ibuprofen or Tylenol will help relieve the soreness.
- Do not chew on ice, fingernails, pens, pencils, sticky foods, gum or candy and avoid rubbing your Spacers with your tongue. These simple abrasives can dislodge the spacers and cause them to fall out prematurely.
- Brush teeth thoroughly after every meal. Floss gently but do not floss between the teeth where the spacers have been placed.
- Spacers can fall out on their own when enough space has been made between your teeth. This is normal, so don't panic
- If your Spacer comes out prior to your next appointment, it is important that the space is maintained. If dental floss "sticks" between the teeth where the Spacer was, please call our office during normal business hours at 856.582.1400 to determine if the Spacer will need to be replaced.