



Spacers have been placed between your teeth to create a small amount of space between your teeth. This space will be used to fit orthodontic bands at your next appointment. It is important that the spacers remain between your teeth. A spacer can fall out on its own if it has made enough space between your teeth. It can also fall out if you poke at it with your tongue or fingers.

**If one or more of your spacers come out more than a day before your next appointment, please call the office so that we may replace it for you.**

## **DISCOMFORT**

Not all patients experience discomfort from spacers. However, if your teeth become sore, the soreness will only last about two days. Tylenol or Motrin may be taken to make you more comfortable. Salt water rinses can also be used to help soothe the gum tissue.

## **CARE**

You may eat as usual. However, sticky, gummy or chewy foods must be avoided or the spacers can be lost. You should brush your teeth as normal, but do not floss in the area where the spacers have been placed. Your cooperation will help your treatment progress in a timely manner.

If you have any questions or concerns, please call our office at (478) 953-2700. Additional information may be found on our website at [DrSpillers.com](http://DrSpillers.com).



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