



Thank you for choosing Michigan City Dental, P.C. as your partner for creating the new healthy smile that will bring you confidence and happiness! Whether we're providing our patients any type of braces clear aligners or any of our other orthodontic treatments our goal is always your efficient treatment and comfort.

What Are Orthodontic Separators & Why Do I Need Them?



Orthodontic separators are elastic (usually blue, white or gray) separators or spacers that are placed in between the back teeth so that orthodontists can more easily place an orthodontic band (like a ring on a finger) on a tooth or teeth in the following days or week.

How Can I Help Separators Work?

- Do not pick on the separator with your fingers or floss where the separator is placed.
- Do not eat sticky foods like gum or sticky candy. Check our list of foods to avoid for more details.
- Continue your normal diet, except sticky foods.
- Biting on the separator is normal and can feel "bouncy."
- Regular brushing is recommended where the separator is placed

What Should I Do If My Orthodontic Separator Falls Out?

It's okay if your separators feel loose or mobile, as long as they stay in between your teeth. If a separator should fall out, please call the office to have it replaced. We need to make sure it is in place at least a day or two before placing your braces.

Will Separators Be Painful?

The separator can feel like a piece of floss or food is left in between the teeth. As the teeth start moving, you can expect some soreness as well as possible headaches. Over-the-counter pain relievers such as ibuprofen (preferred choice) Motrin or

acetaminophen. Be sure to follow the recommended dosages to ease any discomfort, as needed.