

Instructions for Separators

1. Please check your separators each morning. Call the office if any are missing.
Exception: It is okay if your separators come out the day of or the day before your appointment.
2. Avoid chewing gum and sticky candy. For example: caramel, starbursts, taffy.
3. Do not floss where you have separators. Do brush normally.
4. Some tenderness of your teeth is normal. You may use an over the counter pain reliever if necessary. For example: Tylenol.