

Instructions for “Spacers”

Today we have placed “spacers” between your back teeth. The purpose of the “spacers” (as the name suggest) is to create space between your teeth so that the orthodontic bands may be placed next week. The spacers do exert pressure on your teeth, so you may be sore for a few days. If so, you can take Tylenol or Advil (Aspirin should not be taken by children under 12 years of age).

It is important that the spacers stay in for as long as possible. Therefore, **PLEASE DO NOT** pull on them, **DO NOT** floss between your back teeth: and **DO NOT** eat sticky foods such as caramels or gum.