BANKHEAD & FIRTH
ORTHODONTICS

Spacers

We have placed a small doughnut-shaped elastic between your teeth to provide enough space to fit “bands” (braces) on your back teeth. You will have the spacers in until you return to get your braces placed.

Occasionally the spacers may come out when enough space is present. If spacers are out 3 or more days prior to your next appointment for “band” fitting, please call our office to have them re-inserted.

Sore Teeth:

The spacers may make your teeth sore. Medication may be given to relieve the soreness (Advil, Children’s Tylenol, etc.). The initial discomfort should be gone in a few days.

Do Not Remove Spacers:

Please do not remove spacers from between your teeth. Also avoid sticky and chewy foods (taffy, gum, tootsie rolls, etc) as they will dislodge the spacers.

Brushing:

After the spacers have been placed, brush your teeth and gums very carefully but thoroughly. Brushing too hard may loosen the spacers. Do not use dental floss in the area where the spacers have been placed, but use everywhere else.

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