

A spacer or separator is a device placed between teeth that creates a small space. Spacers are custom tailored to fit snugly between each tooth and move them slightly apart. The space created is necessary to accommodate the braces/appliances that will be placed at your next visit. This procedure allows us to make your orthodontic experience successful.

Kadar Guides for a Great Result!

- Be aware that the Spacers will be moving your teeth slightly. This can cause more discomfort than any other part of treatment.
- Do not get discouraged. Tylenol or Motrin can help relieve the soreness.
- Do not chew on ice, fingernails, pens, pencils, sticky foods, gum or candy and avoid rubbing your Spacers with your tongue. This can dislodge the spacers and cause them to fall out prematurely.



- Brush teeth thoroughly after every meal. Floss gently but do not floss between the teeth where the spacers have been placed.
- Spacers can fall out on their own when enough space has been created between your teeth. This is normal, so don't panic.
- If your Spacer comes out prior to your next appointment, it is important that the space is maintained. If dental floss sticks or snaps where the Spacer was, please call our office during normal business hours to determine if the Spacer will need to be replaced.

For questions or additional information about Spacers, call our office at 856.582.1400.