

— DR. WAX —
ORTHODONTICS

Spacers 101

Your results are heavily dependent on compliance and following instructions. The most important thing with spacers is to not pick at them and do not remove them.

What Are Spacers?

Spacers are small doughnut-shaped elastic rings. They are placed between your teeth to create sufficient space to properly fit your expander.

How Will They Feel?

At first they may feel like pieces of food stuck between your teeth. That sensation will go away after a few days.

Will There be Discomfort?

Your teeth may become sensitive, but this will only last a few days. Any discomfort can be relieved with the medication you would take for a headache.

How Will I Eat?

You can eat normally, just be sure to avoid chewy or sticky foods. Also never remove your spacers once they are in place.

What About Brushing?

It's always important to brush your teeth. Even with the spacers in place, you need to continue brushing as usual. Flossing will still be done daily, just not where spacers are placed.

What If I Lose Them?

If you lose a spacer you can replace them yourself (see back for details). If you are unable to replace them, please call our office.

How Long Will I Need Them?

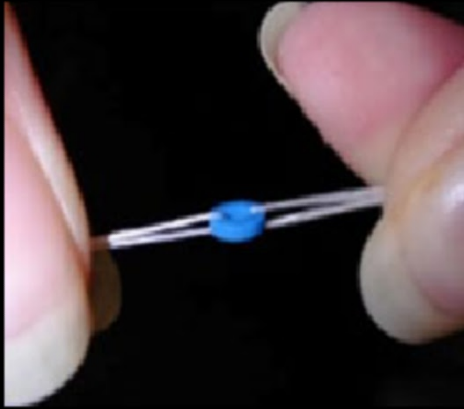
Your spacers will be removed when you receive your expander.

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How To Put Your Spacers Back In

Step

1



- Take two pieces of dental floss and insert them through the spacer.
- Pull on both pieces of floss to stretch the spacer.

Step

2



- Slide the spacer back and forth between the two teeth where it belongs.
- Once the bottom half of the spacer slips under the tight spot between the teeth, release and remove the floss and the spacer will fit back properly.

Please maintain your regular dental appointments and cleanings with your dentist during your orthodontic treatment.



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