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## **Spacers**

You have had **spacers** placed between your teeth today. Their job is to make room for the bands that will be fit on your teeth next week. The spacers may feel like you have meat wedged between your teeth. You will feel the spacers when you bite.

### **Do:**

- Brush over the spacers with your toothbrush.
- Call the office immediately if a spacer comes out. We will likely need to put it back in.
- Take Tylenol or Advil every few hours if you are uncomfortable when you first get the spacers. After a few days, your mouth will start to get back to normal.
- Leave the spacers in until you come back to the office for your next appointment.

### **Don't:**

- Eat sticky, chewy foods such as taffy, Tootsie Rolls, Now-and-Laters, Jolly Ranchers, caramels.
- Floss where the spacers are or pick at the spacers. They need to stay in!