



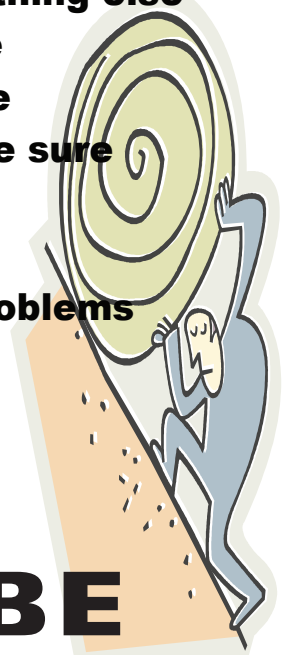
INSTRUCTIONS FOR YOUR SEPARATORS

Today we placed separators between your teeth where we plan to fit bands the next time you come in. The bands go around your teeth the way a ring goes around your finger. We need to create room in front of and behind the teeth that are being banded. This is the job of the separators.

The separators will probably feel annoying at first but you should get used to them fairly easily. The separators will feel like a piece of popcorn or meat stuck between your teeth. It is very important for you to keep these separators in place until your next visit. If you are missing any, it is important to have them replaced. If you are uncomfortable doing this at home, call us and we will make arrangements for you to come in and get them replaced.

You may experience discomfort with these separators. You may want to take some Tylenol or whatever you would normally take for a headache. You can eat and brush as normal with only a few exceptions. Stay away from gum, caramel, taffy, or anything else really sticky or chewy. These types of foods can pull the separators out. Also, do not floss in the areas where the separators are. Remember to check every night to make sure you have all of your separators in place.

Don't hesitate to give us a call if you should have any problems with the separators.



STEWART  **LABBE**
O R T H O D O N T I C S

Bowie
301-262-7774

Crofton
410-451-7202

Greenbelt
301-345-4444

Annapolis
410-267-7300

www.stewartandlabbe.com