

Spacer Information Sheet

What are Spacers?

Spacers (aka separators) are rubber bands placed between your molars. Their job is to help create space between your molars so we can place a molar band on comfortably, or fit you with bands for your appliance or expander.

What Can I Eat?

You can eat most things that you normally would, except.... **nothing** sticky, gooey or chewy. That means things like caramels, Skittles, Starbursts, Airheads, chewy granola bars, gum or anything gummy are out of your diet now. This includes gummy vitamins!!

Will they hurt?

They may cause some discomfort or pressure. It might even feel like you have food stuck back there. Over the counter medications like Motrin or Advil should address any discomfort.

Can I floss?

You can floss anywhere in your mouth EXCEPT where the spacers are. If you floss between the back molars you can either push the separator up into the gum tissue or you may pull it out.

What if my spacer fell out?

Please call our office and let us know how it fell out. We may need to get you back in before your next appointment to replace it.

Any questions, please feel to reach out to us!

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