

# amanda lawrence

## ORTHODONTIST

### Separators



Separators are little blue rubber rings that are placed between your teeth. This creates a small space for your teeth to have bands put around them.

While you have your separators in place it is important not to eat anything sticky such as, minties, toffees, chewing gum, muesli bars, dried fruit etc. These types of food will cause them to come out.

You must brush well around the separators but do not floss between the teeth where the separators are placed. If the separators fall out naturally within a few days of your next appointment there is no need to call.

It is normal for your back teeth to feel tender for 2-3 days, if this happens, some Panadol or Nurofen and soft foods should provide some relief.

Dr Amanda Lawrence  
22 Thomas Street  
Hampton Vic 3188

ABN 60 642 485 771  
p (03) 9521 6500  
f (03) 9521 6501

e [info@amandalawrence.com.au](mailto:info@amandalawrence.com.au)  
w [amandalawrence.com.au](http://amandalawrence.com.au)