

Spacers



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What is a spacer?

Spacers are little blue or purple rubber bands that may be placed between your teeth to push them apart so that orthodontic bands can be installed during your next appointment.

How does it work?

Using two dental floss threads, the spacer is carefully stretched and inserted between your teeth (under the contact point). Once they are in place, you might feel discomfort or pain. It can last up to two days and can differ from one place to another.

Avoid:

Do not chew gum, eat jelly beans, toffee or any other sticky food while the spacers are installed. Keep brushing your teeth thoroughly but do not use dental floss where there are spacers between the teeth. Do not touch spacers unnecessarily.

In spite of the care taken, it is possible for spacers to withdraw from the contact point. Note that spacers are harmless, swallowing one has no impact on the digestive system, but if it happens, what should you do?

What to do should a spacer fall off?

If a spacer falls off and there's more than one or two days before the appointment, please call us to let us know. We will give you an appointment to replace it.

A good time to check if all spacers are there is during evening brushing. If you realize that some are missing, don't try to replace them, contact us.

Quantity of spacers: _____