



# DIRECTIONS FOR SEPARATORS

1. Separators can and probably will make your teeth a little bit tender; this is normal. Take Tylenol or Ibuprofen to relieve the soreness.
2. You can eat anything you want with the separators in except sticky things like taffy, caramel, butterscotch, gum, and other similar sticky foods.
3. You can brush all you want; brushing does not remove them; however, dental flossing or a toothpick will.
4. If any of the separators fall out, please call our office to determine if they need to be replaced.
5. To avoid breakage of your new braces, make sure that you arrange to have a soft diet on the day that your braces are put on.

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**EAST LYME ORTHODONTICS**

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