

## Instructions for Separators

Your child's separators are tiny blue circles that are flossed in between their teeth. The purpose of their separator is to make space between their teeth so that their retainer will go on easier at the next appointment. The separators will probably make your child's teeth sore and achy. It may take a day or two for them to feel the soreness.

The instructions for your child's separators are as follows:

- No chewing gum or anything sticky or chewy.
- DO NOT take them out with your fingers or anything else.
- Eat soft food for the next few days as your child's teeth may be sore and achy.
- Take Tylenol or Advil for any discomfort.
- Your child may brush as normal and floss except the areas where the separators are placed.
- Most importantly, if any separators come out please call the office right away and we will advise you on what to do.

**Everglades Pediatric Dentistry**

**Office: 863-357-7338**

**Emergency: 863-623-6414**

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