



Dr. Steven R. Cook

B.D.Sc. (Hons), M.D.Sc. (Qld), FRACDS

## INSTRUCTIONS FOR SEPARATION

Elastic separators are placed between the teeth to space them, enabling the bands to be placed on the teeth more easily. They will initially feel uncomfortable, something like having meat caught between the teeth.

It is important to eat as normal, and to clean your teeth as usual. Do not worry if the separators are dislodged, as this means that the teeth have moved apart sufficiently for the bands to be placed. **Do not deliberately pick out the separators.**

If the teeth become sore, take a mild analgesic to which you are not allergic, as required. Tap your teeth firmly about half an hour before the banding appointment. If they are very tender, it is advisable to take a mild analgesic, so that you will be comfortable during banding. An alternative relief of pain can be obtained by chewing a sugarless gum (e.g. Recaldent, Extra). Try not to dislodge the separators, if chewing sugarless gum to relieve the pressure on the teeth.

Teachers please note, chewing sugarless gum during treatment is advisable to relieve the soreness associated with tooth movement.

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### Correspondence

PO Box 4459  
Bundaberg South 4670

### Bundaberg

72 Barolin St  
T 4152 6322

### Maryborough

86 Ellena St  
T 4121 7311

### Pialba

67 Torquay Rd  
T 4124 4388