

Spacers

Spacers are small elastics that fit between the teeth. They move the teeth apart slightly to make it easier to fit place orthodontic bands or orthodontic appliances. (Note: bands are the metal rings that will be placed on your molars to support the braces or another orthodontic appliance.)



Spacers will feel like you have food stuck between your back teeth. They may also cause a little tenderness to your teeth because of the slight pressure they exert. Take Tylenol or Ibuprofen as needed to help with any pain.

- Don't floss between any teeth where there is a spacer. But be sure to floss between all other teeth.
- Don't eat anything sticky or chewy, such as, caramels, taffy or gum, as these will pull the spacers out.
- If a spacer falls out, call our office **(973) 701-2200**. The spacer may need to be replaced.