

## Spacers

---

Spacers are placed between some of your back teeth to make it easier to place certain appliances. Over the course of a couple of days, they gently create a millimeter of space around your molars.

At first they feel a little odd, and they may become a little sore later in the evening; that should go away after a few days.

To help with the soreness, you may rinse with warm salt water, or take whatever medication you take when you have a headache. You may also eat things that are soft and easy to chew to minimize any discomfort.

It is very important that these spacers remain in position; so do not play with them with your tongue, your fingers, pencils, any sharp objects, or with anything else you can think of. Do not poke and prod them, or show them to your friends; leave them alone!

Do NOT chew gum or other sticky horrible things. You may brush gently in the area, but do not floss between the back teeth. (Floss everywhere else, though). If one comes out, you may try to replace it with your finger or your tongue; if you cannot, or more than one come out, please call the office, to let us know.

Any problems or concerns please give a call at (212) 233-8320.

## Thank You!

---