



Medland
ORTHODONTICS

SEPARATORS



WHAT THEY DO

Separators create small spaces between your teeth to allow for anchoring bands, braces and expander plates to be placed.



NORMAL BRUSHING

Brush your teeth as usual, twice a day - morning and night!



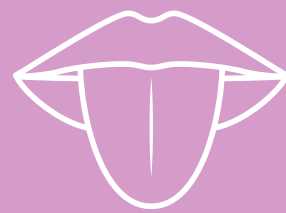
PLEASE AVOID EATING

STICKY, CHEWY FOODS AND LOLLIES!



FLOSSING

Floss everywhere as normal except where the separators are.



COUNTING

Let your tongue 'check' and 'count' your separators (don't use your fingers).

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FLOSS TEST

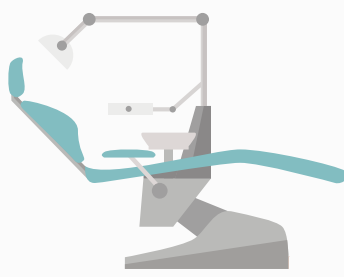
WITH SEPARATORS



If a separator falls out, we may ask you to do a 'floss test' to check if the space is still there.



Simply pass some floss between the teeth where the separator was and feel if there is any resistance or catching between the teeth.



If there is a catch or resistance the space has closed and the separator will need replacing.



If there is no resistance to the flossing and it passes between the teeth easily, then the space is there.



Once you've done the 'test', let us know the outcome and we will guide you from there!

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