



REPLACING SEPARATORS

WHICH ONE? ... Look at the diagram below to see the position of each separator.

HOW? ... Take one separator from the bag, thread two pieces of dental floss through the separator so you can stretch it like a rubber band. Work the separator back and forth between the teeth (like flossing your teeth) until it pops between the contact of the teeth. Make sure that part of the separator is below the contact and part is above and visible.

For more information and to see a video about how to replace separators, please refer to our website CartwrightOrthodontics.com. If you have any questions, or you can't get it in, give us a call. Remember, if your separators are not in place, we might not be able to place, or fit your braces at your next appointment.

Remember ... we are here to help!

Dr. Gary Cartwright and Staff