

Spacers



What Are Spacers?

Spacers are tiny elastics that are “flossed” between the teeth to make small gaps that are necessary to apply certain appliances or braces.

What Do Spacers Feel Like?

Most people are not bothered by spacers at all, while others find them uncomfortable. When first placed, it feels as if there is something stuck between your teeth, like popcorn or a piece of meat. Do not pick at the spacers—they may fall out. There may be some toothache or gum pain because of the pressure against the teeth. This is temporary as spacers are usually in place for a few days.

What Can You Do If Spacers Are Uncomfortable?

- Avoid chewing gum or other sticky foods which can stick to the spacers and pull them out.
- Avoid tough or crispy foods.
- Cold drinks or ice cream may help to temporarily alleviate any discomfort.
- Pain reliever such as Tylenol or Advil can provide relief for the pain if needed.
- Warm salt water rinses may help.

What If a Spacer Comes Out?

Do not panic. If a spacer does come out on its own, most likely the spacer served its purpose and we will see you at your following appointment.