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## **What you should know about your spacers/separators**

- Spacers are placed between some of your back teeth to make it easier to place circle bands for certain orthodontic appliances needed for your treatment.
- 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.
- You may feel like you have a piece of meat stuck between your back teeth.