

## HALL CROWN PRE-PROCEDURE INSTRUCTIONS: DENTAL SPACERS

Today, we placed small elastic spacers (separators) between your child's teeth. These create the tiny amount of space needed to fit a crown comfortably at the next visit.

- **What to Expect:** Your child might feel like there is a piece of food stuck between their teeth. This "tight" sensation is completely normal as the teeth begin to move.
- **Diet:** Avoid sticky or chewy foods (gum, taffy, gummies) that could pull the elastic out.
- **Oral Hygiene:** Please continue to brush the area thoroughly. However, do not floss between the teeth where the elastics are located, as this will dislodge them.
- **If an Elastic Falls Out:** Check daily to ensure the spacers are still in place. We have provided you with a "backup" elastic pre-loaded on floss. If one falls out, you can attempt to slide it back into place. If you cannot, please call our office.
- **Important Note:** The Hall Technique is designed for teeth that are not causing pain. If your child develops a toothache or spontaneous pain before your next appointment, please notify us immediately, as we may need to change the treatment plan.

