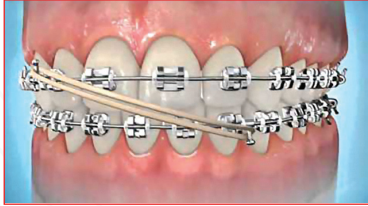


Elastics



Don't Be Afraid to Ask Us Questions!

Wearing rubber bands, especially at first, can be confusing! So before you leave the office, we want to be absolutely sure you understand where

and how to hook the elastics. Placing them incorrectly can be even worse than not wearing them at all because your teeth might move in the wrong/opposite direction. We want your orthodontic treatment to go as quickly and smoothly as it can with the best result attainable. Proper rubber band wear is a big step towards successful completion. If you ever have any questions on how to wear your elastics please do not hesitate to call, email, or just stop by the office and ask us.

Why Do I have to Wear Elastics?

Elastics are designed to move the teeth in a direction which cannot be achieved with braces alone. They bring your bite together so that you can chew more effectively. It also helps with the final appearance of your smile.

How Often Do I Wear Them?

For elastics to be effective they must be worn 24/7. This includes when you play and sleep; unless otherwise instructed. Take them out only to brush, floss, put new elastics in and eat.

You should also wear the fresh elastics when you sleep. Every morning, discard the previous day's elastics and replace them with fresh elastics from the packet we have provided for you. If you play sports, keep your elastics in unless you need to wear a mouth-guard. After removing your mouth guard, put the elastics back in. Part-time wear does NOT move the teeth, but it does cause them to be constantly sore.

NEVER DOUBLE UP ON YOUR ELASTICS, unless instructed, even if you skip a day of wear. It may seem to make sense, but will actually **SLOW DOWN** tooth movement and your progress.

What Do Elastics Feel Like?

Your teeth and jaws may be tender the first few days. The tenderness and soreness are normal and should not continue after a week, but please continue

Continued on back

to wear them 24/7, even with the soreness. If tenderness persists, please call our office. Rinsing with warm salt water will soothe most aching.

What Will Happen if I Do Not Comply with Wearing Elastics?

Wearing elastics is an important key to the speed of your treatment and the final results we can achieve. Failure to wear your elastics full time or as instructed will lengthen your treatment time and will make it more difficult to achieve an optimal result. If you wear your elastics only intermittently (**NOT** full time), you will have constant discomfort because your teeth don't have a chance to get used to them, so be sure to keep the elastics in **FULL TIME!**

Wearing your elastics for several hours, and then taking them off for a while, then putting them back on, etc., will make your teeth more resistant to moving in the right direction and slow down or stop your treatment progress. In addition to **NOT** moving the teeth, this part-time wear will keep your teeth constantly sore. Just do the right thing and wear them 24/7!



RIGHT

LEFT



Notes: _____

*REMEMBER:

If you ever have questions on how to wear your elastics, please do not hesitate to call, email, or stop by the office. And, remember, do the right thing and wear them 24/7 unless otherwise instructed. Failure to comply can delay treatment.

Full-time

Bed-time only