

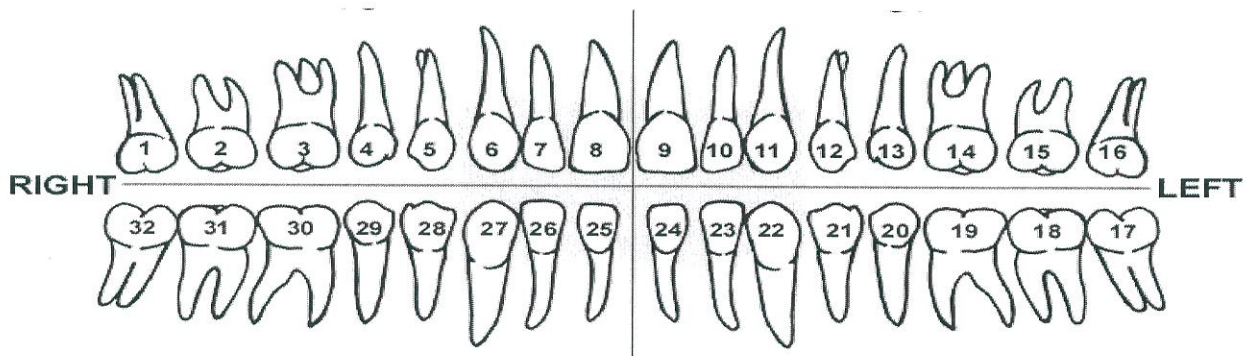
Elastics (rubber bands)

Why?

Elastics are an essential part of your treatment. They are used to adjust the lower teeth to the upper teeth. Without the elastics we can not complete the correction of your bite.

How?

- Wear the elastics 24 hours a day. Take them off only to brush your teeth and to change the elastics. We even want you to wear them while you eat.
- Replace your elastics with new elastics at least 3 times a day. Carry 1 pack of elastics with you so you can change them throughout the day. Put one pack in a safe place as a back-up. If you lose or run out of elastics call our office and ask for more. Even if it is almost time for your next appointment, come in early so you can get more.
- Place them on as indicated below: Type: _____



What to expect

You teeth will get sore. Advil or Tylenol can help with the initial discomfort. Keep going it will get better. If any bands come loose call us immediately so we can fix it as soon as possible.

Remember

The more you wear the elastics, the faster the bite will correct and the faster the braces will work. We can not correct your bite without you wearing the elastics. Wear them 24/7 and you will be on your way to the beautiful smile you desire.