BANKHEAD & FIRTH
ORTHODONTICS

Elastics

Elastics can move teeth in ways that cannot be accomplished with braces alone. Your teeth and jaw muscles may be tender for the first few days of wearing elastics. This is normal and should gradually disappear within a few days. It may seem hard for you to put on the elastics at first; however, it will become easier with practice.

Elastics must be worn constantly to work —24 hours a day —7 days a week.

You may remove the elastics when eating your meals or brushing your teeth. Leave them in during snacking. Be sure to replace the elastics with new ones at least THREE times a day.

Part-time wear does not move teeth, but it does cause them to constantly be sore.

Carry extra elastics with you at all times. We don't want you to run out. If you don't have enough elastics to last until your next appointment, please call us and you can stop by one of our locations to pick up more or we can send them to you in the mail.

Elastic wear is key to perfect results for your treatment.

Please call us if you have any questions or concerns.

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