

Orthodontic Elastics

What do Elastics do?

Elastics are tiny rubber bands that come in many sizes and strengths (the bags are coded by size and strength). You connect them to parts of your braces or aligners to correct your bite.

The way they are connected is determined by the direction in which your bite needs to be corrected so it's crucial to follow your elastic wear instructions.

How do elastics work and how do they feel?

It takes more than 4 hours for the pressure from the elastic to build up to the point that the bone surrounding the teeth starts to change to allow for the teeth to move. Your teeth do not actually start to move in these initial hours. After 5-6 hours of elastic wear the teeth start to move and you will feel tenderness or discomfort which typically lasts for the first day or two of initial elastic wear. So long as you are wearing your elastics all the time you will not be sore after this initial period. Don't be tempted to leave them out because of some soreness since this will only prolong getting used to them, and it will delay treatment.

What will I need to do?

Elastics need to be worn 24/7 except when eating and brushing. Change them 3-4 times a day to keep them fresh and keep a bag with you in a safe place all the time. If any part of your braces or aligner bends or breaks (especially if it's where the elastic is attached) call the office for instructions. If you lose them or run out, call the office so we can mail you some or stop in to get more.

What happens if I don't wear my elastics as instructed?

Every time elastics are left out for longer than it takes you to eat or brush, your bite will shift back toward where it was before you started to wear the elastics. When you finally put the elastics back in the process of the pressure building back up, the bone changing, soreness and the teeth moving will have to start all over again. This is not an efficient way to correct your bite and most definitely will lengthen your treatment time.

**WEARING YOUR ELASTICS AS PRESCRIBED HELPS MAKE YOUR TREATMENT
GO AS QUICKLY AS POSSIBLE!**