

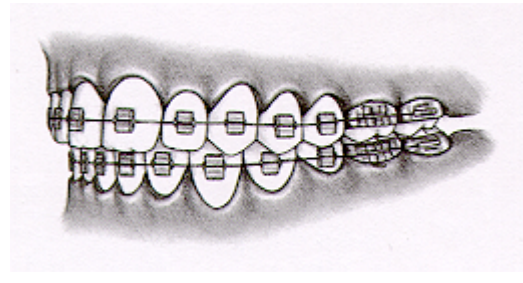
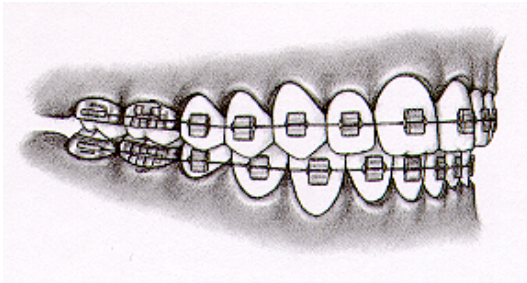
Elastics

Why do I need them?

Elastics or rubber bands provide an important force in moving your teeth into proper position. When they are worn properly the teeth will move. When they are not, no progress is made toward completion of treatment. Please follow the instructions below for maximum progress with elastics.

Guidance on elastic wear

- Elastics should be worn 24 hours a day, unless you have been told otherwise. It takes the teeth about 10 hours to begin moving with the elastics. If the elastics are off as little as 30 minutes, it takes another 10 hours to get them moving again. Therefore, you can see the importance of continuous wear.
- Remove them only when you brush your teeth, then put them back on immediately.
- Carry extra elastics with you all the time. If one breaks you can replace it immediately.
- Should you lose them or run low, please stop by the office and pick up a new supply, or call and we can mail some.
- Sometimes teeth are sore when you begin wearing elastics. Usually this soreness lasts only a few days. Wearing elastics irregularly increases soreness and makes teeth harder to move.
- Elastics lose their strength the longer that they are worn. Please put fresh elastics on every time you eat or brush.
- Your elastics may be difficult to place on your braces at first. Placing them will be easier after you practice for a few days.
- If, for some reason, you cannot wear your elastics as you have been instructed, please call our office for an appointment.



- ☐ Wear Elastics full time (22-24 hours/day)
- ☐ Wear Elastics 12 hours/day (the 12 hours includes when you sleep)
- ☐ Wear Elastics during sleep only (7-9 hours/day)