

## **ELASTIC INSTRUCTIONS**

Today is the beginning of an important new phase in your orthodontic treatment. Elastics (small rubber bands) will be needed and they will help reposition your teeth and jaws if worn as directed!

### **HERE'S WHAT YOU HAVE TO DO...**

1. Wear the elastics all the time - night and day - unless we tell you otherwise
2. Carry some elastics with you at all times. If one breaks in your mouth, replace it right away
3. You may remove them when you eat. Brush your teeth carefully after every meal and put elastics on immediately. **REMEMBER...** Change them at least once a day
4. If you run out of elastics, call us and tell us what size you need. We'll get a new supply to you

The elastics may make your teeth tender for the first 2 or 3 days; but, if you continue to wear them, they will become comfortable in a short time

### **A FINAL WORD OF IMPORTANCE.....**

**Teeth have never failed to move when elastics are worn consistently as directed.**

BUT... when they are worn one day and left off the next, your treatment slows and may even stop. Why? Because the teeth "jiggle" back and forth and actually sets up a resistance that prevents movement. **Your cooperation is important.** If you wear elastics as recommended, you'll be surprised at how quickly your treatment will progress, and possibly your overall time in braces may be less than expected.

