

ELASTIC (RUBBER BANDS)

INSTRUCTIONS FOR WEARING ELASTICS (RUBBER BANDS)

1. **PURPOSE:** Elastics provide the force necessary to move your teeth and control the action of the wire appliances.
2. **POOR COOPERATION:** Failure to wear elastics will have an unsuccessful end result. Teeth have never failed to move when elastics are worn constantly, as directed. When they are worn one day and left off the next, teeth are jiggled back and forth. This makes teeth more sensitive and slows or reverses the progress of your treatment.
3. **WHEN SHOULD THEY BE WORN?** It is necessary that they be worn 24 hours a day unless otherwise specified. Elastics may be removed for tooth brushing only, but must be replaced immediately afterwards. Continue to wear elastics until instructed to do otherwise. If in doubt, please call.
4. **WHEN SHOULD NEW ELASTICS BE PUT ON?** At least once a day, replace old elastics with fresh new ones. Wear only the number of elastics you have been instructed to; too much pressure may be harmful.
5. **WHERE SHOULD YOU KEEP YOUR ELASTICS?** Keep a package of elastics with you at all times so that if one breaks you can replace it.
6. **RUNNING LOW?** If you need more elastic, please notify the orthodontist at your appointment. If you are running low between appointments, call the office and they will be mailed to you. Plan ahead.
7. **DISCOMFORT:** Some sensitivity and looseness of teeth is normal. It means your teeth are moving