

ELASTICS

Wearing Elastics (rubber bands) requires your **TOTAL** cooperation because **YOU** will be controlling the movement of your teeth and bite. Your teeth may be sore at first, but the soreness will subside within a few days if you wear them as prescribed. **IRREGULAR WEAR INCREASES SORENESS AND PROLONGS TREATMENT.**

- 1.) Elastics are to be worn **AT LEAST 22 HOURS PER DAY** (unless instructed otherwise)
- 2.) Remove elastics only when brushing and eating (3-4 times per day) then replace them **IMMEDIATELY**.
- 3.) Replace elastics with new ones a few times a day as they get stretched out and aren't as effective. **IF YOU DON'T HAVE ANY EXTRA ELASTICS WITH YOU, PUT THE OLD ONES BACK IN. A STRETCHED ELASTIC IS STILL A FORCE AND BETTER THAN NO FORCE AT ALL.**
- 4.) Consistency is very important and we recommend you carry extra elastics with you at all times.
- 5.) Elastics are dispensed in **ANIMAL CODED PACKAGES** to indicate size. If you should run out, call our office and we can mail a package to you.
- 6.) If you come to your appointment **without WEARING YOUR ELASTICS**, we will assume you are not wearing them as instructed.

REMEMBER – YOUR TEETH ONLY MOVE IF ELASTICS ARE WORN AS PRESCRIBED ALL THE TIME!

