



## INSTRUCTIONS FOR ELASTICS (Rubber Bands)

Elastics are worn to correct the way your top teeth relate to your bottom teeth. They help us guide your teeth into the proper biting relationship.

Teeth move when a **constant force** is placed on them. Therefore, the most important thing to remember is that you need to wear your elastics **at all times**.

This includes while you sleep.

You may remove them to eat and to clean your teeth.

Replace them with new ones **immediately** after eating or brushing.

We cannot stress enough the importance of wearing your elastics **all the time!** There is no such thing as making up wearing time. Once wearing time is lost...it's lost! A patient's treatment can be at a standstill for months if the elastics are not worn properly!

Change your elastics every 2-3 hours. You do not need to change them during the night while sleeping.

Keep a pack of elastics with you **at all times**. Have an extra pack at home as a backup.

**Never allow yourself to run out.** If you need more elastics in between appointments, you may either pick them up at our office or call us and we can mail them to you.

It is normal for your teeth to become a little sore at first.

**Keep wearing the elastics!** The discomfort is only temporary.