

ELASTICS

- Because the orthodontic problems you are experiencing and treatment you are receiving are partially due to the improper fit of your top and bottom teeth, we have provided you with elastics (rubber bands) to attach between the top and bottom teeth. The purpose of wearing the elastics is to achieve a more harmonious fit between the top and bottom teeth.
- Read aloud for a few minutes daily to become comfortable with your speech. You will notice increased salivary flow for a few days.
- At first, a few patients will feel slightly nervous when the appliance is placed - this will normalize within a few days.
- Full-time wear is a must. If you find it very difficult to eat with your elastics, then you may remove them while eating. Please replace them immediately after eating and brushing.
- Please change elastics every 8 hours.
- As you wear elastics during the day, contact with your saliva may decrease the tension they provide; therefore, changing rubber bands during the day will help achieve speedy results.
- If you run out of elastics, please contact the office immediately so that you may stop in and pick up more elastics. Otherwise, we can have some sent to your home.
- Carefully following these instructions and wearing your elastics as prescribed will increase the likelihood of obtaining the desired treatment results.
- Working together, we can make a great smile!