ELASTICS (RUBBER BANDS)

Elastics move the teeth into a proper position that will allow your jaws to align better. Such tooth movements cannot be done with braces alone. It is up to *you* at this point to help *you* move your teeth. Elastic wear is an important key to the speed of your treatment and the final results we can achieve. It is important that directions are followed carefully.

For elastics to be effective you must wear them 24 hours a day 7 days a week

1) Make sure you know the proper way to wear your elastics. It is very important that the elastics are worn as instructed or your teeth will move in the wrong direction, which will delay treatment. ***If you have any doubt or have questions on how you should be wearing your elastics, or have trouble putting them on, <u>call the office</u>. Do not wait until your next appointment***.

2) You may remove the elastics only when eating your meals or brushing your teeth. Leave them in if you can during snacking.

3) Replace your elastics with new ones after each meal and at bedtime. (3-4 times a day). It is important to frequently change the elastics because they lose their strength. Make sure you carry extra elastics with you at all times. If you run out or lose your elastics call the office to pick up more or we will send you a new pack of elastics. *Do not wait until your next appointment to get more elastics.*

4) Your teeth and jaws may be sore the first few days you wear your elastics. This is normal and should disappear. Take pain reliever such as Ibuprofen (Advil, Motrin), Naproxen (Aleve) or Tylenol if needed. Warm salt-water rinses will help as well. Continue to wear the elastics full time. *If you wear the elastics part time the soreness will persist and you will not get used to wearing your elastics.*

5) <u>Remember at this point of your treatment it's up to you to wear your elastics and keep your treatment going on schedule. If you do not wear the elastics consistently your teeth will not move properly and your treatment will be delayed</u>.