

## Wearing Elastics (Rubber Bands)

### Why do I need to wear elastics?

Under certain circumstances, your braces alone cannot move your teeth, correct your bite or establish a good functional relationship between your top & bottom teeth. Elastics (rubber bands) are used to move your teeth & bite into a proper relationship & alignment with one another. They are a very important part of your orthodontic treatment. Failure to wear elastics faithfully & as recommended will result in extended treatment time & a less than ideal alignment of the teeth & bite.

### When do I wear my elastics?

Elastics should be worn 24 hours a day, including while sleeping. Take them out while:

- Eating
- Brushing your teeth
- Wearing a mouthguard

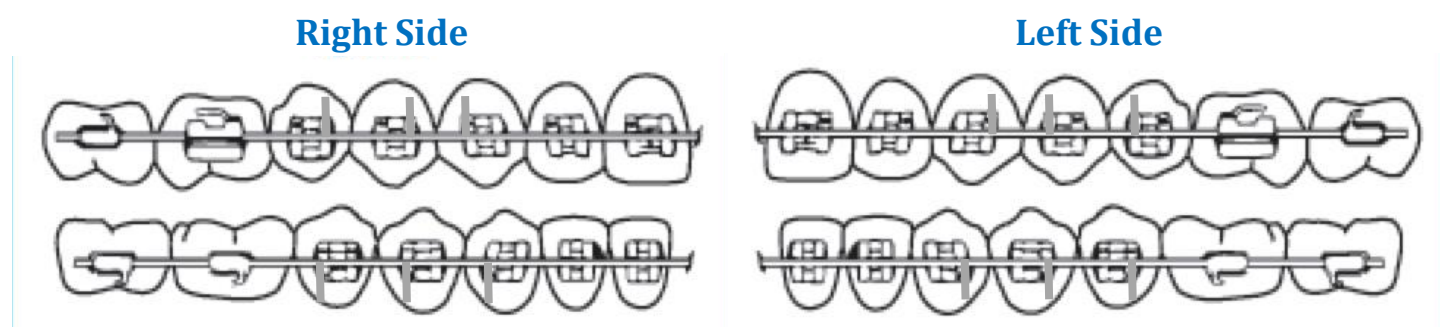
Replace elastics immediately when you are done with these activities.

### When do I change them?

Elastics should be changed at least once per day, we recommend placing a new pair in prior to bed. This keeps proper tension on the teeth to insure consistent movement. If your supply runs low, call the office & we will mail more elastics to you.

### How do I wear my elastics?

Use the diagram below to be sure that the elastics are being worn properly. If there is any difficulty, or the elastics cannot be worn for any reason, please call the office so that we may assist you.



### Will there be any discomfort?

There may be some discomfort for the first few days that you wear your elastics as your teeth begin to move. However, there will be greater discomfort if the elastics are not worn continuously. Just wearing the elastics once in a while will cause your teeth to rock back & forth instead of moving steadily in the proper direction. This will tend to make your teeth more sore & the soreness will last for a longer period of time. Your elastics should be worn as instructed in order to obtain the best & quickest results with the least amount of discomfort. If needed, an over-the-counter pain reliever (Ibuprofen, Advil, Motrin) may be used for discomfort.

Please call if there are any further questions