

E L A S T I C S

Your orthodontic treatment requires the use of elastics, also called rubber bands. Wearing them according to the instructions you have been given will provide the forces needed to move your teeth along your archwires. Without your total cooperation, your treatment progress will slow down and jeopardize your final result!

How important is it to wear my elastics every day?

Consistency is very important. Your teeth must be pushed in the same direction over an extended period of time in order for them to move. If you are asked to wear your elastics for 24 hours and you only wear them for 10, your teeth will move forward for 10 hours but will slip back for the next 14 hours. Consequently, your progress will be zero and you will have wasted your time.

Will wearing my elastics hurt?

Initially, you may experience some minor discomfort when wearing your elastics. This usually lasts for a few days, until your teeth get used to the pressure on them. During this time, if necessary, we recommend you take the same pain reliever you would normally take for a headache and continue to wear your elastics. It may also help to eat soft foods for a few days.

Things to remember!

1. Remove your elastics only to brush and to eat.
2. Change your elastics daily because they lose their stretch over time.
3. Always carry extras and don't run out!
4. Ask for more when you get low.
5. If a hook, band, bracket, or wire loosens or breaks, call our office as soon as possible to schedule an appointment for repair.