



Elastics

Consistency is Key!

- It is very important you wear your elastics as instructed.
- It is normal to be sore for a few days, it will go away as long as you wear them. If you skip days your teeth will always be sore.
- If you run out of your elastics call us. You can pick them up or we can mail them to you.
- *Running out of elastics is not an excuse!*
- Always put in new elastics before bed and in the morning after breakfast. Over time they stretch out so it is important to change them.

We will use a ruler to take measurements of your bite at your next appointment and compare them with the measurements made today. If you wear your elastics for 22-23 hours, we will see improvement in your bite. We see 1-2 mm of change PER MONTH with good elastic wear.



Size _____ Hours _____