

What Are Elastics?

Elastics are small elastic bands that move your teeth that braces alone cannot do. They help adjust how the upper and lower teeth fit together (your bite). They work together with your braces to line up your teeth.

What To Expect

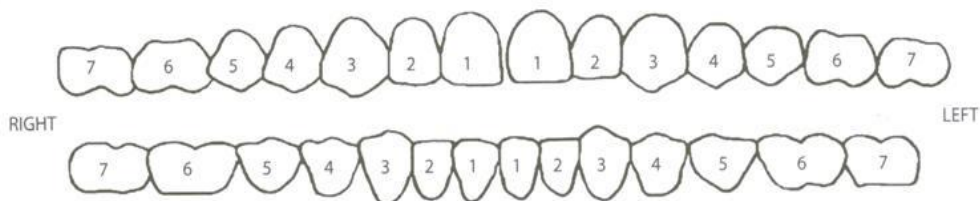
It may take a couple of days to get used to putting in your elastics. For the first week, your mouth may feel a little sore.

For discomfort, we recommend: Ibuprofen or Acetaminophen

Remember:

1. Follow instructions exactly and wear your elastics faithfully.
2. Change your elastics regularly; they lose their stretch.
3. Always carry extra elastics with you.
4. Remove your elastics to eat and brush your teeth then put fresh ones on immediately.
5. Call our office if you are unable to wear your elastics for any reason.

Note: Teeth will move when elastics are worn consistently as directed



YOU SHOULD WEAR YOUR ELASTICS:

- All the time 24/7
- Nights only
- Other _____

Elastic Size _____

**Excellent elastic wear will
keep your treatment on time!**
*Poor elastic wear will increase
your treatment time!*