

## ORTHODONTIC ELASTICS

We have prescribed elastics for you to wear to help move your teeth and correct your bite. This is a special time in your orthodontic treatment where you have additional control over how well your treatment progresses.

Your treatment will progress the best if you follow these instructions:

- Wearing your elastics correctly is very important to keep your treatment going in the right direction. Make sure you are wearing the correct size and attaching them as you are instructed by the picture below.
- You may experience discomfort at first, however, as you wear your elastics continuously that should disappear.
- You may remove elastics while you are brushing your teeth and eating. Make sure to replace them immediately.
- Replace your elastics if they break and change them as we tell you. This will usually be at least once per day.
- Always carry extra elastics with you so you can replace broken ones right away.
- Please don't run out of elastics. Call us and we will mail you some more. It is important that when you need more elastics that you ask for the correct name.
- The name of your elastic is\_\_\_\_\_.
- Hours per day: \_\_\_\_\_.

