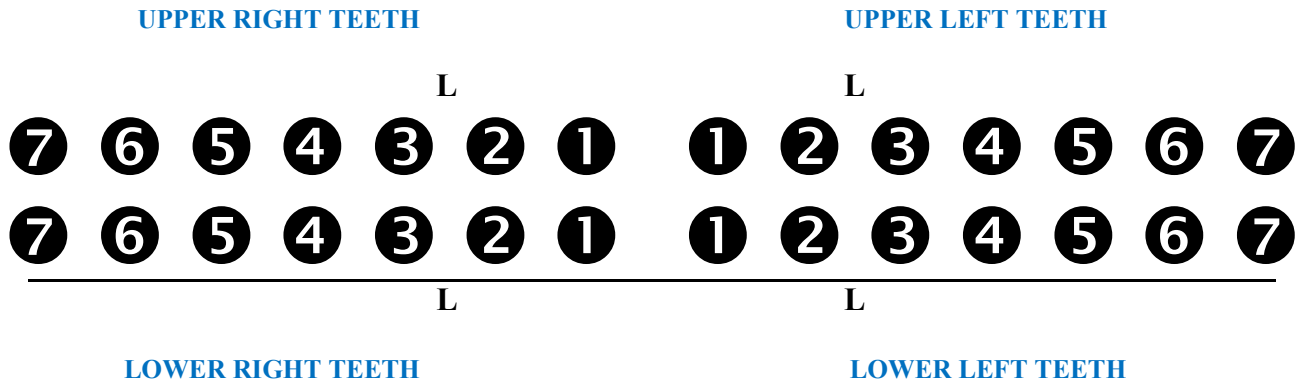


HOW TO WEAR YOUR ELASTICS



- 1) **NOT wearing your elastics WILL prolong your treatment!**
- 2) **Elastics are an important part of orthodontic treatment. They supply the pressure needed to move teeth and jaws to their correct positions. Your elastics may be worn differently on each side of your mouth and may also change in size and direction during treatment.**
- 3) **Elastics must be worn all day and all night! The wear time will depend on how quickly your bite becomes corrected.**
- 4) **Change your elastics 3-4 times a day...after meals, in the morning, after school, at bedtime.**
- 5) **Always carry a bag of elastics with you.**
- 6) **If you are running low before your next appointment, call the office and we can mail some to you.**
- 7) **Elastics may cause your teeth or jaws to be sore for several days at first. This is normal and tells us that your teeth are moving.**
- 8) **Not wearing your elastics as asked will only make the soreness last longer and the teeth harder to move.**
- 9) **If any problems arise such as a broken bracket or loose band, please call the office before your next appointment so that we can schedule enough time to fix it.**
- 10) **The size of your elastics: _____**

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