

## Elastics - Rubber Bands



### What are they?

Elastics are sometimes called rubber bands and they are used to help move your teeth from one place to another. If they bands are not worn as instructed the teeth may not move and treatment will be prolonged. These little things play a very important role in getting you out of braces.



### What are they made of?

In the early days they were made of rubber and this is why they are called rubber bands. We however use latex-free elastics to avoid even the slightest chance of allergic reactions.



### How to place them?

Put them around a finger or a plastic stick if we gave you one and then insert them over the hook on the braces as we showed you during your visit.



### When should they be worn?

Elastics should be worn during the day and night unless you have been told otherwise. Remove them only when you brush your teeth or eat. Elastics will lose their strength after a period of time so you should change them at least once a day. Your elastics may be difficult to put on in the beginning. After a few days of practice, placing the elastics will become very easy. Carry extra elastics with you all the time. If one should break, and it will, you can then replace it immediately. Should you lose them or run low, please stop by the office to pick some up or call so that we can mail you more. We do not want you to lose any wear time.



### Do they hurt?

Teeth will sometimes get sore when the elastics are started. Usually, this soreness lasts only a few days. Wearing elastics sporadically will also cause tooth soreness and makes it difficult to move the teeth. Taking a pain-killer and a softer diet will help.



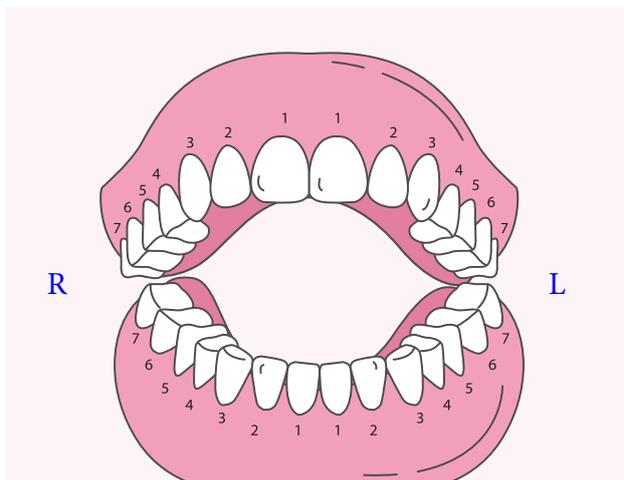
### Shall I double up to make the teeth move faster?

Please do not double up on your elastics to make up for lost time. It does not work and you could actually shock the teeth, which will lock them up in the bone preventing them from moving the way that we want them to move.



### Having trouble?

If, for some reason, you cannot wear your elastics as you have been instructed, please call our office for an appointment so that we can either reinstruct you or fix the problem that is preventing you from getting them on. This is not considered an emergency but we do want to fix the problem as soon as possible.



Wear your elastics like this