

## ELASTICS (RUBBER BANDS)

### WHAT ARE ELASTICS?

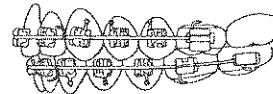
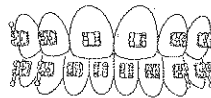
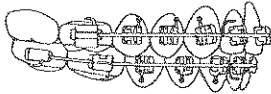
Quite simply, elastics are special "rubber bands". They supply the pressure needed to move teeth and jaws into their correct position. Elastics are attached using hooks that are part of the bracket or the bands.

### ARE THEY IMPORTANT?

Elastics must be worn to move your teeth and jaw into the proper position. They are the engine that move the teeth. That's why it's important to wear your elastics 24 hours a day, 7 days a week, unless otherwise instructed.

### MAY I TAKE THEM OFF?

If you wear your elastics for several hours, then take them off for awhile, put them back on, etc., you will experience back and forth movement, and your teeth can set up a resistance that slows or stops your progress (OH NO!) Wearing elastics is much like pushing a ball up a hill, if you stop half way the ball rolls right back to where you started. Only by constantly wearing your elastics as instructed will you reach your treatment goal. Remove them only to brush your teeth or to change your elastics. They should be in place when you eat a snack, play and sleep.



SEE OTHER SIDE FOR MORE INFO ON YOUR ELASTICS 

YOU'RE NOW ON YOUR WAY TO A GREAT SMILE! CALL US ANYTIME, WE'RE HERE TO HELP.

732-477-1808

## HOW WILL IT FEEL?

They should only bother you for 2-3 days and no more if you wear them continuously. After that you will find that they will not hurt if you wear them all of the time.

## OTHER TIPS:

Eat with them in place. It may be difficult at first, but it does get easier and teeth will move even faster!

Please carry a package of elastics with you all of the time, then if one breaks you can replace it right away. If one side breaks, replace both sides.

If your supply is low, call the office. We can easily mail you some.

Change the elastics at least every 12 hours - that's twice a day, and it's easiest after brushing.

If you happen to forget to insert your elastics one day, *don't double up the next*. Just follow your regular instructions.

**PROPER WEARING OF YOUR ELASTICS WILL HELP GIVE US THE BEST POSSIBLE TREATMENT IN THE SHORTEST AMOUNT OF TIME.**