



ORTHODONTICS FOR CHILDREN & ADULTS

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WELCOME TO ELASTICS

Today you were started on Elastics (Rubber Bands) to move individual teeth or groups of teeth. These Elastics will only deliver the correct forces if worn as directed.

Usually Elastics are worn continuously (24 Hours).

They may be taken out ONLY when brushing your teeth. However, they should be worn when eating.

Elastics should be changed at least once a day (mid-afternoon) to give continuous even pressure on the teeth. The pack you have been given contains approximately 100 elastics.

Any soreness that you feel after starting elastics will go away in about 1 day.

If elastics are not worn continuously, your teeth will not move correctly and your teeth WILL BE SORE.



DO NOT WEAR EXTRA ELASTICS TO MOVE THE TEETH FASTER -- IT DOESN'T HAPPEN.

If you wear the elastics **CORRECTLY** and **CONTINUOUSLY**, your teeth will move fast and you will make good progress towards a Great Smile.

GOOD LUCK

Thanks for Cooperating

