



ORTHODONTICS FOR CHILDREN & ADULTS

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MOLAR ELASTICS

Today you were started on Elastics (Rubber Bands) to move individual teeth in the back of your mouth- your molars. These elastics will only deliver the correct force if worn as directed.

Elastics are worn continuously (24 Hours).

The elastics may be taken out **ONLY** when eating and brushing.

Elastics should be changed often to give continuous pressure. 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 the elastics are not worn continuously, your teeth will not move correctly and your teeth will be sore.

If you get space in the back around your molars- Great. If you get space in the front teeth you are not wearing the elastics as instructed- continuously.

DO NOT CHANGE THE WAY WE HAVE TOLD YOU TO WEAR THE ELASTICS!

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.

Member
American Association of
Orthodontists

