



Orthodontic Elastics

Elastics or rubber bands are sometimes needed during orthodontic treatment to move teeth to their proper position.

Your cooperation is extremely important!!!

1. Elastics should be worn exactly as prescribed by the doctor, no more and no less. If you skip a day, do not double up. If you are unclear as to the doctor's instructions, please ask us for clarification.
2. Elastics should be changed once or twice a day because they can lose their stretch.
3. If your elastic supply runs low before your next appointment, call us and we'll mail some to you, or you can stop by and pick them up.
4. If a hook you connect the elastic to becomes bent or broken, notify us immediately so we can repair it.
5. Your teeth may be sensitive to elastic wear for the first few days. Wearing the elastics, as prescribed, can actually reduce the amount of time the teeth feel sensitive. The teeth will be tender for much longer if the elastics are not worn as prescribed.
6. Once desired correction is established, your elastic wear will be reduced to 12 hours to help hold the teeth in the proper position until they become stable. Proper elastic wear may help to reduce the number of hours you will have to wear your headgear. Consult Dr. Adams for exact instructions. **Only the doctor can determine the appropriate time to decrease or discontinue your elastic wear.**

Thank you!

