

## *Important Information About Elastics*

### The Purpose of Elastics

Just as braces apply constant, steady pressure to straighten your teeth, elastics are required to move your teeth into their proper position with constant, steady pressure in order to fix your bite.

The most important requirement for success with elastics is **consistency**. It is very important to wear your elastics as prescribed (please refer to 'Elastic Configuration' on reverse side). The configuration is customized to your bite and may change from time to time as your bite changes.

### What to Expect

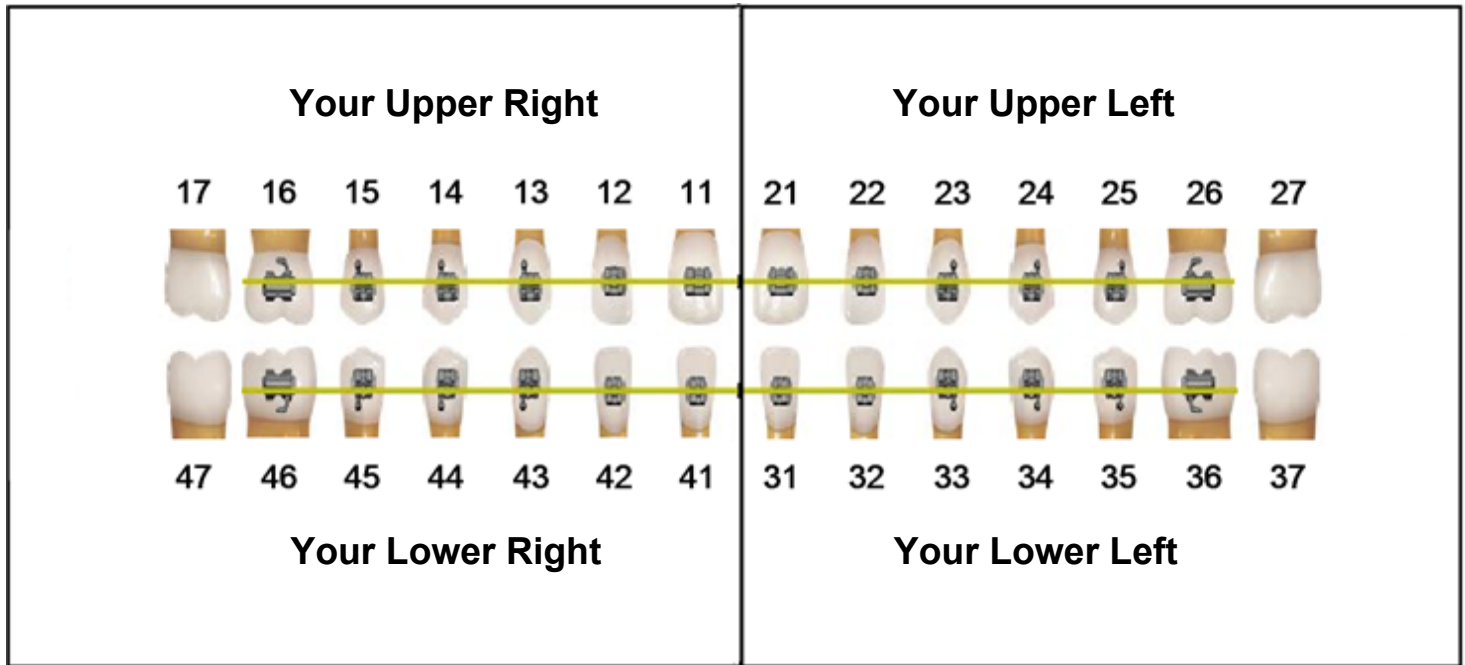
Elastics may make your teeth tender at first, but this initial discomfort will ease within a few days. Don't be tempted to give your teeth a break from the elastics, as this will result in continued tenderness and set you back in treatment.

### Elastic Instructions

- ➡ Elastics are to be worn **all day and all night (24 hours)**, except when brushing your teeth or eating main meals. Try to wear your elastics when snacking if possible.
- ➡ Elastics will also need to be removed when playing rough sports that require you to wear a mouthguard. Try to replace your elastics immediately after you finish playing.
- ➡ Change your elastics **three times per day**, as they tend to lose their strength.
- ➡ If you break or lose an elastic, replace it immediately.
- ➡ Never double up on your elastics, as this may slow down tooth movement and your progress.
- ➡ Always carry an extra pack of elastics, so if one breaks you can replace it right away.
- ➡ If the hook on the bracket that holds the elastic breaks or comes loose, please call us immediately.
- ➡ Replenish your supply of elastics at every appointment.
- ➡ If you are running low on elastics, please come to our office during business hours to pick up another bag, or call us and we will be happy to mail you a new supply.

## Elastic Configuration

Please wear your elastics as indicated below:



Patient Name: \_\_\_\_\_

Elastic Size: \_\_\_\_\_

Date Prescribed: \_\_\_\_\_

***Successful orthodontic treatment is truly a team effort. We want to ensure your treatment progresses on time and with optimal results. Failure to wear your elastics as instructed will lengthen your treatment time and will make it more difficult to achieve an ideal result.***

**If you have any questions or concerns, please feel free to contact our office at 705-743-8085.**