

## Elastic Bands

The wearing of elastics is one of the most important parts of orthodontic treatment. These elastics create a small but continuous amount of pressure on the teeth or jaws to move them into more desirable positions. Wear your elastics as instructed and treatment will be completed more rapidly. You may have to wear elastics for the entire treatment period, so never let up unless otherwise advised. Wear them all the time; day and night, while awake, while asleep, while speaking and even while eating, if so instructed. Take them out while brushing your teeth and replace them as soon as you're finished.

You've been instructed in how to place them and when to change them. You've been given a generous supply of the proper size elastics. Extra elastics should be kept with you at all times (in wallet or pocketbook) for use in case you forget to replace them after brushing your teeth, or if one should break or pop out.

If you accidentally forget to wear your elastics one-day, don't try to make up the error by wearing more than the one elastic in each place. Too much pressure on certain teeth moves them in undesirable positions or can actually slow down the movement.

If your elastics keep breaking, you're probably not wearing them correctly or you're biting them. Call the office if this constantly occurs, and call also if you see that your elastic supply is low. Tell us the type of elastic and we'll mail you more.

It is not uncommon for your teeth to be sore when starting rubber band wear. After a few days of full time wear this discomfort will fade. But if you take off the rubber bands every time the teeth get sore, you will **never** get used to them. Grin and bear the discomfort and it will get better.

Remember, even missing a few hours a day can mean months of additional time in braces. If you have any questions, please call us.