

## **Elastic Wear**

Elastic rubber bands are often used during orthodontic treatment to move a tooth or align upper and lower arches. This is only effective if elastics are worn all the time, including while eating. Discomfort is mild at first and disappears after a short period of time. Stick with it! Consistency and commitment is a must for successful treatments!

- Wear your elastics all the time, even during meals.
- Remove elastics only to brush and floss your teeth.
- Change your rubber bands twice a day – morning and evening.
- Always carry a bag of elastics with you everywhere you go.
- If you are running low, or have lost or run out of elastics, call the office and let us know. Replacements will be mailed to you.
- If you lose or break the hook that the elastic attaches to, call the office and schedule to be seen as soon as practical so that it can be replaced. Any interruption in your elastic wear can slow down your treatment time.
- **HANG IN THERE!** Before you know it your elastic wear treatment will be complete!