

## ELASTICS

Elastics play an important role in your orthodontic treatment. They supply the pressure needed to move teeth into their correct position. To achieve the desired results you must carefully follow the instructions given to you regarding their placement and use. **Failure to wear your elastics as prescribed will prolong your treatment.**

You are responsible for placing the elastics on your braces between appointments. Be sure to wear them **ALL THE TIME** as instructed. Remove them only when you brush your teeth (after every meal), and then put them back on immediately. Discard old elastics after 24 hours of wear. Always put fresh, new elastics on each morning. Carry a few extra elastics with you so that if one side breaks you can replace BOTH sides with new elastics right away. If your supply is low, call the office; we can easily mail a new package to you.

If you happen to forget to wear your elastics one day, do not double up the next day – just follow your regular instructions.

The elastics may cause your teeth to be somewhat sensitive at first, but this usually lasts only a few days. Not wearing your elastics as instructed will only make the soreness last longer.

If you have any problems with elastics breaking frequently, a wire, band or bracket loosening, or if a hook breaks off, call the office immediately. Do not wait until your next appointment. We need to know about these problems to assess if they need to be corrected right away. If you accidentally swallow a few elastics, don't worry – they will pass through your system naturally within a day or two.

**NOTE:** The elastics are made from latex material. Latex allergies are rare but do occur. Please inform us immediately if you become aware that you have a latex allergy.

