

## THE WEAR AND CARE OF YOUR ELASTICS

Elastics represent an important component of many patients orthodontics treatment. The elastics help to correct many problems including: spacing between the teeth, upper front teeth that protrude too far in front of the lower front teeth and bite problems in the back teeth. Without proper use of elastics, most patients will find that their treatment becomes considerably longer and may not produce desirable results.

### 1) WEARING THE ELASTICS

You must wear your elastics 24 hours per day, so that they may have their maximum effect in a minimum amount of time. Failing to wear the elastics as directed could result in lengthy increases in your treatment time, and uncorrected problems with your bite. You should observe the following instructions:

- a) the elastics are an extremely important part of your treatment**
- b) it is not possible for the braces alone to do the work of the elastics**
- c) without the elastics, it is not possible to completely correct all bite problems**

Initially, it will be awkward to insert the elastics, but it will become easier to insert and remove the elastics after the first few days. Many people will feel some discomfort in their teeth when they start wearing their elastics. This discomfort will usually be gone within 2–3 days of continuous elastic wear. Please follow these important guidelines:

- a) **WEAR** the elastics exactly as instructed and contact the office if you forget how to wear your elastics
- b) **WEAR** the elastics 24 hours per day
- c) **ALWAYS** change the elastics twice per day, approximately every 12 hours
- d) **ALWAYS** remove the elastics for eating
- e) **ALWAYS** remove the elastics for brushing

### 2) CARING FOR THE ELASTICS

Each bag of elastics contains a sufficient supply for 4-8 weeks, depending upon how you wear them. If you lose your elastics or run out before your next visit, you should call the office and arrange to get an additional bag. It is important to wear the elastics continuously, and any interruption in elastic wear can add many weeks to your treatment. If you have any concerns or problems, **PLEASE CALL!**