
Elastic Instructions

Now that you are wearing elastics, you are playing a very important part in straightening your teeth. Good cooperation will result in shortened treatment time and the best possible result.

- Wear the elastics at all times, unless you are eating (or instructed otherwise).
- Your elastics provide the force that will move your teeth toward their proper position. To be effective, the elastics must be worn exactly as instructed.
- Be consistent. It will not do much good to wear your elastics one day and skip the next.
- Replace with new elastics after eating.
- Follow directions carefully. Wearing the elastics improperly may result in the teeth moving into an unfavorable position. Please let the office staff know if you have any questions regarding elastic wear.
- If you lose your elastics, please call during office hours so that we can replace them. If you notice you are running low on elastics, we can easily mail a packet to you.
- Elastics can make your teeth sore initially, but you must continue to wear them. Anti-inflammatory (Ibuprofen products) have been shown to decrease mouth pain most effectively.
- If you should have any questions, please do not hesitate to contact the office.

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