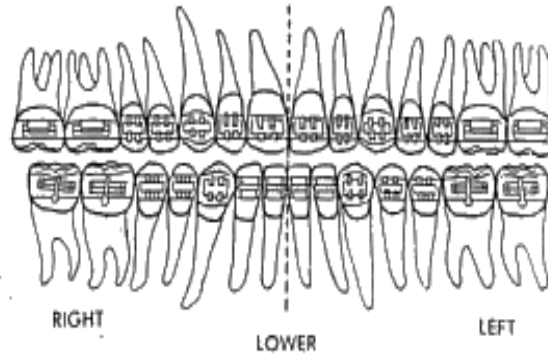


# ELASTICS (RUBBER BANDS)



ELASTIC SIZE \_\_\_\_\_

**Elastics are rubber bands that are attached to hooks on your braces, that apply tension and cause your teeth to move in a desired direction when worn properly.**

Elastics move teeth in a manner that cannot be accomplished with braces alone. Your teeth and jaws may be tender the first few days of wearing elastics, **BUT DON'T GIVE UP!** This tenderness will go away. If you don't establish a consistent routine (i.e. starting, stopping, then starting wear inconsistently), you may never allow yourself to feel comfortable with rubber band wear.

#### **Elastic Wear:**

- It may seem hard to put your elastics on at first; however, it will become much easier with practice. Again, effort=results, don't give up.
- You may remove the elastics only when eating meals or brushing your teeth. Change them after each meal.
- Carry extra elastics with you at all times.
- Make sure you understand how to put your elastics on. Look in the mirror and make sure you elastics match the drawing above. Wearing them the wrong way can be worse than not wearing them at all.

**Note: Your cooperation with elastic wear is the key to the speed of your treatment from this point on, and the quality of final results achieved.**

If you need extra elastics or have any questions, please call  
**(314) 4-BRACES**

