

Elastics - Rubber Bands

Elastics or rubber bands are used to help move your teeth from one place to another. If the rubber bands are not worn as directed the teeth will not move and treatment will be prolonged. These little things play a very important role in getting you out of braces. Below is a list of things you should be familiar with:

- Elastics should be worn the number of hours per day you have been told. This is critical.
- Remove them when you brush your teeth or eat meals. Put new elastics in immediately afterwards.
- Carry extra elastics with you all the time. If one should break, and they will, you can then replace it immediately.
- Should you lose them or run low, please stop by the office to pick some up or call so that we can mail you more. We do not want you to lose any wear time.
- Sometimes the teeth will get sore when the elastics are started. Usually, this soreness lasts only a few days. Wearing elastics sporadically will also cause tooth soreness and makes it difficult to move the teeth.
- Do not double up on your elastics to make up for lost time. It does not work and you could actually shock the tooth which will lock it up in the bone preventing it from moving the way that we want it to move.
- Elastics will lose their strength after a period of time so you should change them at least twice a day.
- Your elastics may be difficult to put on in the beginning. After a few days of practice, placing the elastics will become very easy.
- If, for some reason, you cannot wear your elastics as you have been instructed, please call our office for an appointment so that we can either reinstruct you or fix the problem that is preventing you from getting them on. This is not considered an emergency but we do want to fix the problem ASAP.

POOR ELASTIC WEAR WILL INCREASE YOUR TREATMENT TIME