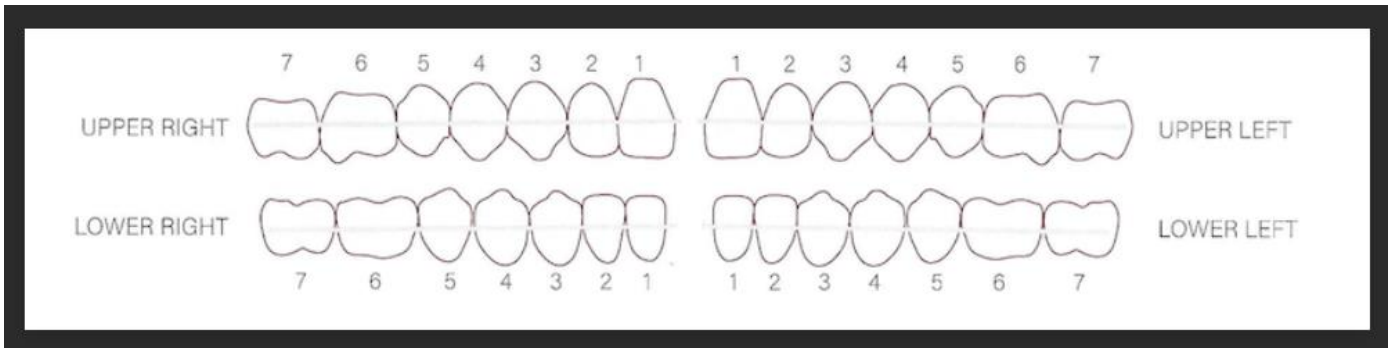
Elastics/Rubber Bands

You now have reached the part of treatment where you will use rubber bands! They help improve how your upper and lower teeth fit together. There are many ways to wear rubber bands. See the picture below for review.



Here are some instructions you must follow to make your transition into wearing elastics go smoothly.

1. Wear your elastics 24 hours a day to include while you sleep.
2. Change your elastics 2-4 times a day, removing them to brush & floss, eat and replacing when done.
3. Size _____

It may take you a few days to get used to putting in your elastics. For the first week your mouth may be a little sore.

Elastics can break and you might feel one snap in your mouth. If this occurs be sure to have a bag of elastics with you so you can replace it immediately.

The success of your orthodontic treatment is dependent upon your cooperation in following these instructions. Elastics will help you obtain your goal of a healthy and beautiful smile.

If you have any additional questions, please feel free to ask your orthodontist or call the clinic.