

Elastic Instructions

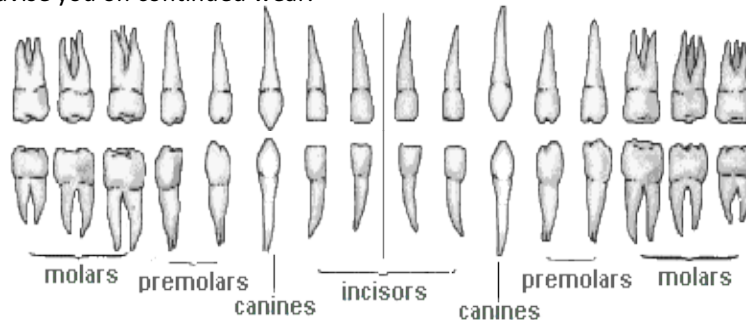
Today you have been given orthodontic elastics (rubber bands) to wear during part of your treatment. Elastics are used to generate a gentle but continuous force to help in the movement of individual teeth or in the aligning of one dental arch to the other.

Teeth never fail to move when elastics are worn consistently, as directed by the orthodontist. When elastics are worn one day and left off the next, tooth movement does not continue as rapidly, and often no change takes place.

There is often some initial discomfort when rubber bands are first worn, but this discomfort usually disappears after one to three days.

New elastics should be used each day, as the old elastics tend to lose their elasticity with time. Unless otherwise directed, wear your elastics 24 hours a day. If you run out of elastics, call the office and we will set more aside for you. At each appointment, we'll evaluate your elastic wearing and advise you on continued wear.

Some elastics may cause spaces to open up between teeth – **DO NOT be concerned** as this is most commonly a sign that they are being worn well



Suite 22: Level 1, 7-9 Barwell Avenue CASTLE HILL
Tel 9899 4322 www.brace5.com

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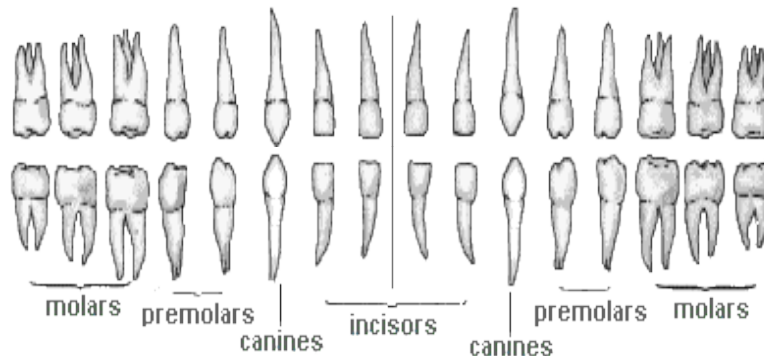
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