



## Elastics (Rubber Bands) Instructions

Elastics or orthodontic rubber bands are used to correct your bite. Your braces will not be removed until your bite is corrected, so your cooperation is needed in order for you to complete your treatment as soon as possible.

When elastics are worn one day and left off the next, or for only part of the day, tooth movement does not continue as rapidly and often no change takes place. If you follow the instructions exactly, you will get better, faster and more comfortable results. This leads to the removal of your braces in a shorter period of time.

There is often some initial discomfort when elastics are first worn, but this discomfort disappears after two or three days. If you stop wearing the elastics during the periods of discomfort, slower tooth movement results, and the discomfort will return when the elastics are replaced. So it is better to work through the initial discomfort rather than taking a break from your rubber bands.

Soreness in the jaw joint area, however is abnormal. Problems can include pain, clicking or grating sensation, and the inability to open or close the mouth. **In case of problems in the jaw joint region, discontinue elastic wear and call our office immediately.**

New elastics should be used each day, as the old elastics tend to lose their elasticity with time. It is not necessary to change the elastics more than once a day. **Unless otherwise directed, wear your elastics 24 hours a day.** The elastics should be removed to brush your teeth, and can be removed when eating, if necessary. In these cases, the same elastics should be replaced immediately.

You should call the office if you are having trouble getting the elastics hooked properly on the orthodontic appliances, if you run out of elastics, or if there is any reason you cannot wear your elastics as directed. **Do NOT wait for your next appointment! This can delay your treatment progress!** At each appointment, check with us to see if should continue to wear your elastics, (and grab a back-up supply if needed).