

# Elastics

## **Description**

Orthodontic elastics are small “rubber bands” that are attached to your braces. They come in different sizes depending on what they need to do.

## **Purpose**

The purpose of elastics is to move your teeth into their proper position. In doing so, elastics can correct an overbite, make room for crowded teeth or help speed the settling process to achieve an ideal fit of your teeth. Elastics are a great help to your treatment; *especially since they can reduce the time you spend in braces!!*

## **Wear**

It is important that your elastics are worn all the time and only in the way that we showed you. When your rubber bands are removed, even for a short period of time, teeth stop moving and will even backtrack. For every half hour that elastics are not worn, approximately ten hours are added to the total treatment time. If an elastic breaks, replace it immediately. You will want to keep packs of rubber bands on you at all times.

## **Brushing**

Remove your elastics each time you brush and floss. Afterwards, place new elastics just the way you were shown at the office.

## **Eating**

Your elastics need to be worn while eating unless instructed otherwise. This will be awkward at first, but you will get used to it. Wearing your elastics while eating will drastically reduce the amount of time you need to wear them and thus speed up your orthodontic treatment.

## **Soreness**

You may have some sensitivity in your teeth as they get used to the pressure; this may last several days, but will go away completely as you continue to wear them as instructed. You can take Advil or Tylenol to help with the soreness.

## **Other Things**

If you are getting low on your supply of elastics, please stop by the office to pick some up. If you cannot stop by, we will be happy to mail you some. Just make sure that you do not run out!

## **Parting Words**

When patients use their elastics according to our recommendations, they have excellent success. Our best wishes to you as you begin an exciting journey towards a super smile! If you or a family member has any questions along the way, just ask us!