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INSTRUCTIONS FOR ELASTICS (RUBBER BANDS)

The elastics will greatly help moving your teeth along with the braces. If you follow these instructions, your teeth will fit better quickly, and you'll be able to get the braces off as soon as possible.

- ✓ Make sure your elastics are placed on the correct teeth every time.
- ✓ Wear your elastics 24 hours a day unless specifically instructed otherwise.
- ✓ Take them off only when you eat and brush your teeth, but try to put new ones back on within 45 minutes.
- ✓ Put new elastics on every 2-4 hours throughout the day (change them out at meal times).
- ✓ Put new elastics on before you go to bed and when you get up in the morning
- ✓ Carry a bag of elastics with you at all times.
- ✓ Your teeth will be sore for a few days, but keep wearing them, and the soreness will go away in a few days.
- ✓ Don't stop wearing them even if it's sore because it will be sore every time you try to wear them after leaving them off for a while.
- ✓ Take Tylenol for the first few days if your teeth are sore.

Thank you for your cooperation. Good luck!

