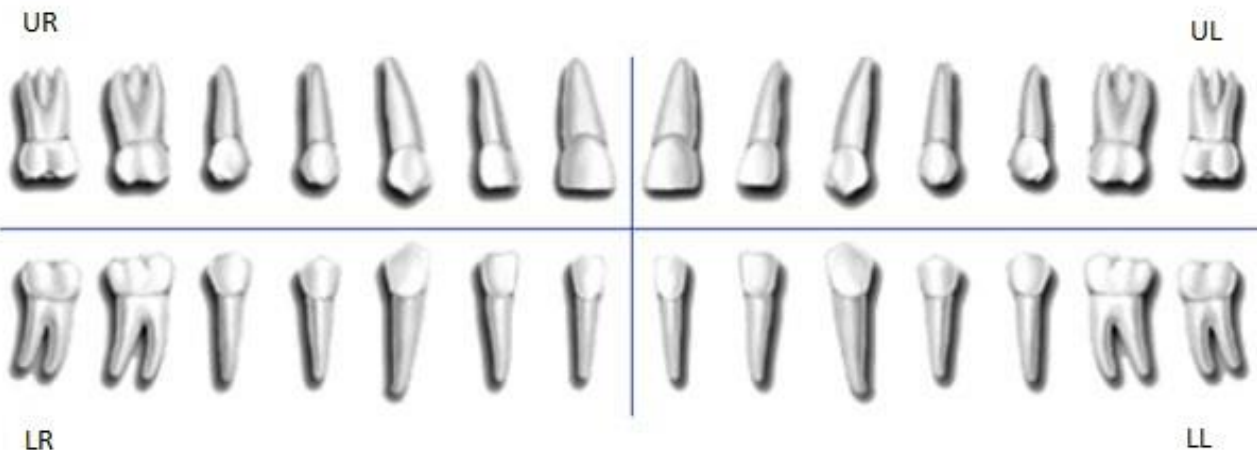


ELASTICS (RUBBER BANDS)

- Elastics help to improve your bite which cannot be improved by braces alone! They help fix **overbites, underbites, and help your teeth fit together properly!**
- Your teeth and jaws may be tender the first few days of wearing the elastics. This is normal and should begin to disappear within a week.
- Elastics must be worn as directed to be effective. **Mostly commonly they should be worn full time, 24 hours a day, 7 days a week. Irregular wear does NOT move teeth, but it does cause them to constantly be sore.**
- It may seem hard for you to put on the elastics at first; however, it will become easier with practice
- You may remove the elastics only when eating your meals or brushing your teeth. Leave them in during snacking.
- Change the elastics routinely because they lose strength over time. We recommend changing elastics after every meal (3-4 times a day!)
- Carry extra elastics with you at all times. If you do not have enough elastics to last until your next appointment, please stop by our office and pick more up or call us and we can send more to you.
- Elastics come in different sizes and strengths – make sure to note which elastics have been prescribed to you!



Caterpillar Chimpanzee Jaguar Parrot

Class II Class III Vertical

Class II Triangles Class III Triangles

Full-time Night-time