



Why do I need to wear elastics?

Elastics help your teeth bite together properly and assist with closing spaces when required. With a better bite, your teeth will be in a more stable position after the braces are removed.

How often do I need to wear my elastics?

Your orthodontist will discuss with you how often you need to wear your elastics. Full-time wear means you wear your elastics all the time except to eat, brush your teeth, and play sports. Part-time wear means you wear your elastics 12 hours per day. Most people wear their elastics overnight from 7pm-7am.

Does it hurt to wear elastics?

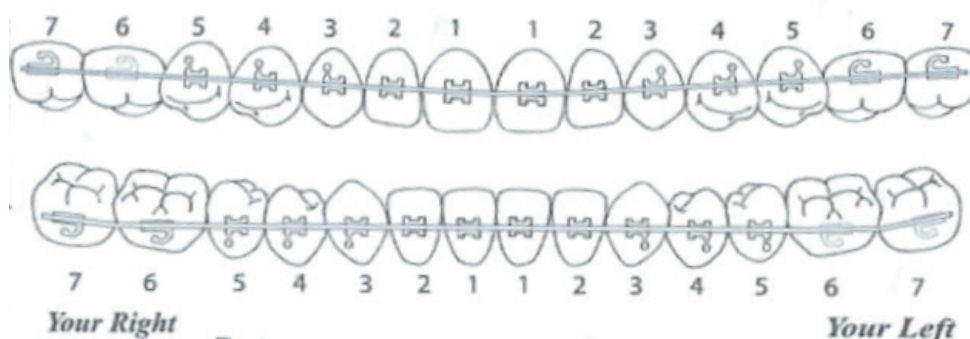
Your teeth may be sore for the first 2-3 days when you start wearing elastics, but it is important to consistently wear them. If you don't consistently wear your elastics, your teeth will be sore all the time and they will not move as needed.

What happens if I don't wear my elastics?

If you do not wear your elastics as directed, your treatment could be extended by months or even years. Poor cooperation with elastic wear can lead to a less than ideal result.

What should I do if I run out of or lose my elastics?

You can drop by our office and pick up a new pack or call our office and we can send them in the mail if your next appointment is weeks away. There are no excuses for not wearing your elastics!



Type of Elastics _____