

Elastics

You should wear your elastics exactly as instructed at your appointment, otherwise your teeth won't move and your treatment will take longer.

It is a good idea to take a selfie so that you can have a look later at where your elastics should go. If you cannot remember, you should contact us immediately so that we can show you how to wear them again.



Right _____ Front _____ Left _____

Full Time Wear means 20-22 hours per day, 7 days a week.

By having a constant force on your teeth, they will move quickly and smoothly. If possible, you should eat with your elastics on. That way you don't need to remember to put them back on after you've finished eating.

Part Time Wear is usually at night when you're sleeping

Usually you've done such a good job at wearing your elastics full time, that you can now reduce to part time wear. This will help to maintain the position of your teeth, but it won't move them any further.

WHY

Wires make your teeth straight, but elastics help to make your top and bottom teeth fit together so that you can have a good bite at the end of your orthodontic treatment.

CHANGE

Elastics get tired and lose their stretch after a day, so you need to change them at least once a day. Always carry some spare elastics with you in case you lose or break one.

TENDERNESS

Your teeth may be sore for the first few days because your elastics are moving them. You may need to take some painkillers just like when you got your braces.



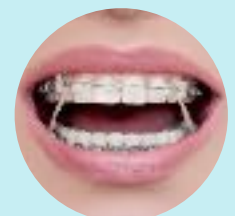
Running out

If you run out of elastics, please come and pick up some more from the practice as soon as possible.



You've got this!

It might be tricky at first, but you'll soon get really good at putting them on.



Take it out for:

Tooth Brushing

Eating