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Elastics

Patient name _____

You have started to wear elastics or “rubber bands”. Elastics are critical to the success of your orthodontic treatment. The purpose of the elastics is to adjust the bite and make the teeth mesh together properly. The elastics act as a constant force on the teeth to correct the bite. Failure to wear the elastics will result in less than ideal results, more time wearing the braces and possibly increased cost if treatment goes on much longer than the original estimate.

You need to wear the elastics exactly as directed. Wearing the elastics correctly and consistently is the key to success. The elastics should be worn all of the time – day and night, and even while eating if possible. If you can’t wear the elastics while eating, you may take them out, but put them right back in as soon as possible afterwards. You may take the elastics out to brush your teeth.

You should change the elastics and put in a new pair once or twice a day. You will always be given the option to get more bags of elastics at your next appointment. But if you lose them or run out, call the office and we can mail some to you so you can continue to make progress. Good luck!

full time wear

night only wear

right

left