

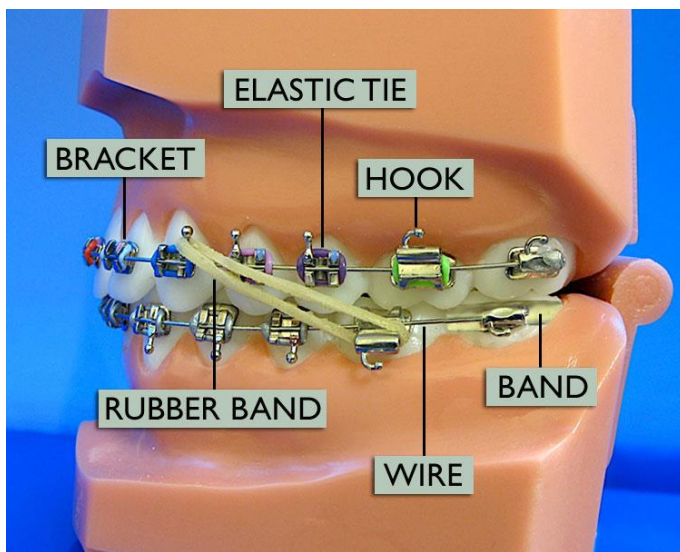
Elastics: *They're Pulling for You!*

Successful orthodontic treatment primarily depends on two things; Constant pressure and time. Sometimes it takes added force to move teeth and jaws into their correct positions. Elastics, also called rubber bands, have the pull to make that happen. Although, they will not work without you! To achieve the healthy, beautiful smile that you're working for, you must carefully follow your orthodontist's instructions about placing and using your elastics or rubber bands.

At first, the elastics may cause your teeth to feel tender, but that's because your teeth are moving – which is the goal of orthodontic treatment. Usually the tenderness will only last one or two days. However, not wearing your rubber bands as instructed will only make the tenderness last longer, and make the tooth movement take more time.

To get the best results from your elastics remember these tips:

1. **You** are responsible for placing the elastics on your braces every day. Be sure to wear them as instructed.
2. **Always** carry a bag of rubber bands with you, so if one breaks you can replace it right away. If your supply is low, contact our office at your earliest convenience so we can mail a bag out to you or set up a time for you to stop by and pick them up.
3. If you happen to forget to wear your elastics one day, don't double up the next – just follow your regular instructions.
4. Rubber bands get tired. When they lose their stretch, they don't provide the proper pressure on your teeth and jaws. So it is VERY important that you change them as directed, even when they are not broken.



If you have any problems or questions – like elastics breaking frequently, a loose wire or band, or a hook that's broken – please contact the office at your earliest convenience. Try not to wait until your next appointment; these types of problems should be addressed as soon as possible.

Remember: wearing your rubber bands, following all instructions and keeping appointments is the quickest, and easiest way to achieve your goal of a healthy, beautiful smile.

To get the desired results, follow the chart included with your elastics and wear your rubber bands as instructed by your orthodontist or the orthodontic assistant.

If you have any questions feel free to contact our office at your

earliest convenience.