



ELASTICS

We may ask you to wear elastics of various configurations on braces. It is an essential part of the treatment and success depends entirely on you.

If you do not wear them every day your treatment will take longer.

WHY ARE THEY USED?

- Elastics or rubber bands are used to supply an extra force to the braces to help move the teeth. For example, if the upper teeth are too far forward and the lower teeth too far back, rubber bands may be stretched from the upper front teeth to the lower back teeth.

WHEN ARE THEY WORN?

- They are usually worn at all times (night and day) except when brushing. Sometimes we will ask you to wear them part-time. We will recommend a schedule depending on your orthodontic situation.
- Sometimes one of the small hooks that the elastics attach to, will become loose or bent and will stop you from wearing the elastics properly. If you are unable to wear the elastics exactly as we have recommended it is important to contact the office so that we can fix the problem.

WHEN ARE THEY CHANGED?

Elastics need to be replaced at least once each day or they will lose their snap. Be sure to pick up plenty at the office. A few days without them can cause a serious setback.

ARE THERE DIFFERENT SIZES?

- There are many sizes, each designed for a specific purpose. Wear only the recommended size.

WHAT CAN BE EXPECTED?

- The teeth may become sore when elastics are first used. This soreness will be gone in a few days.
- The teeth may become loose; that is a normal reaction to the elastic force. Expect to see progress; look for it carefully.

WHY ARE THEY IMPORTANT?

- They have to be worn if the treatment is to be successful. The patient must help with this part of the treatment in a substantial way if there is to be progress. It requires hard work, even though elastics are not comfortable.