

## ELASTICS INSTRUCTIONS ADVICE SHEET

Today is the beginning of an important new phase in your orthodontic treatment. Elastics (small rubber bands) will be needed and they will help reposition your teeth and jaws if worn as directed! Almost every person with fixed braces will wear elastics at some point.

### **Here's what you have to do:**

1. Wear the elastics all the time - night and day - unless we tell you otherwise but change daily using a fresh pair each morning.
2. Always carry some elastics with you in case they break or come off so you can replace straight away.
3. You may remove them when you eat.  
Brush your teeth carefully after every meal and put elastics on immediately.  
Remember: Change them at least once a day.
4. Eat and sleep with them in whenever possible because when they are stretched they work best.  
If at first eating is difficult, gradually introduce this.
5. Practice taking them on and off today in the mirror.  
It will get easier with time. If you are unsure how to wear them, please ask.
6. They will make your jaw feel strange in the first few days but you will get used to them quickly.

### **A final word:**

Teeth have never failed to move when elastics are worn **consistently as directed**.  
But... when they are worn one day and left off the next, your treatment slows and may even stop. Why? Because the teeth "jiggle" back and forth and actually sets up a resistance that prevents movement. Your cooperation is most important. If you wear elastics as recommended, you'll be surprised at how quickly your treatment will progress, and possibly your overall time in braces may be less than expected.

Let us know if you run low or lose your elastics as soon as possible and you can call into the practice to collect them.

We are unable to post out replacement elastics due to the elastics being a piece of medical equipment so please ensure the nurse provides you with enough to last you until your next appointment.