

ELASTICS



When elastics (or rubber bands) are worn with braces, they create a gentle, continuous force used for aligning one arch to the other. If elastics are worn one day and left off the next, your teeth will set up a resistance that will slow your progress. You can also slow progress by wearing the elastics for a week and then skip a day. Teeth always move if elastics are worn correctly. The more rubber bands are worn, the quicker and more completely the correction will occur. Less than full-time wear greatly lengthens treatment time and decreases the chances of a successful outcome. If eating is difficult with elastics in place, then they may be removed. Don't forget to replace them immediately after eating and brushing. Wearing elastics while eating accelerates tooth movement!

Elastics should be changed twice daily (morning and evening), or whenever they break or become discolored.

Initially, the elastics may feel a little awkward, but this will subside within a few days. It is normal for teeth to become sore during the first 3-5 days of wear. Advil or Children's Advil will alleviate this type of discomfort more effectively than Tylenol. If rubber band wear is stopped for a significant time and restarted, some soreness may recur. Increased saliva flow for 2-3 days is also normal with elastic wear.

If you run out of elastics, please contact the office immediately to arrange for pick-up or mailing of additional elastics.

Carefully following these instructions and wearing your elastics as prescribed will greatly increase the likelihood of obtaining the desired result!

