

Orthodontic Elastic Wear Instructions

Today we have started the next phase of your orthodontic treatment; elastic wear. Elastics are tiny rubber bands that move your teeth in a way that braces alone cannot. They help improve how your upper and lower teeth fit together. This part of your orthodontic treatment is **entirely** up to you and we need your full cooperation. Here are some instructions you must follow to make your transition into wearing elastics go smoothly.

- 1.) **Wear your elastics 24 hours a day to include while you sleep.**
- 2.) **Change your elastics 2 times a day, removing them to brush & floss and replacing when done. Typically, before you go to bed and in the morning.**
- 3.) **Eat with your elastics in place, if possible**
- 4.) **Size _____**

As you begin wearing elastics we expect it may take you a few days to get used to putting in your elastics. For the first week your mouth may be a little sore or you might have a slight headache. Motrin or ibuprofen may be helpful with this discomfort. Elastics can break and you might feel one snap in your mouth. If this occurs be sure to have a bag of elastics with you so you can replace immediately. Once in a while you may even swallow one, this isn't a problem, just remember to replace the broken elastic with a new one. The success of your orthodontic treatment is dependent upon **your** cooperation in following these instructions. Wear your elastics as often as instructed. Elastics will help you obtain your goal of a healthy and beautiful smile.

If you have any questions or are unsure about the elastic placement, please do not hesitate to contact our office at 480-838-6949.

Orthodontic Assistant

date

