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ELASTICS (RUBBER BANDS)

PURPOSE: To correct an overbite or underbite.

WEAR INSTRUCTIONS: Unless otherwise directed, wear your elastics 24 hours a day. You may remove them to eat and to brush. When you miss wearing your elastics, *treatment takes longer*. Your cooperation is *essential* in order to finish your treatment as planned.

SORENESS: Elastics move teeth, therefore, they may become sore for the first few days of wear. The soreness will go away as you continue to wear your elastics, so please – don't stop or the tenderness will last longer!

- Always have extra elastics with you. If you run out, call us and we will send them to you.
- Change your elastics AT LEAST once a day.
- If you feel your bite is overcorrected, please contact the office immediately.