



HUB CITY ORTHODONTICS

INSTRUCTIONS FOR ELASTICS (aka. RUBBER BANDS)

1. What is the purpose of the elastics?
 - a. Elastics provide the force necessary to align the top teeth with the bottom teeth. Compliance with elastic wear is essential in achieving a successful orthodontic result. **If they are not worn properly, the bite will not improve, and your braces removal may be delayed.**

2. When should I wear my elastics?
 - a. **For elastics to move teeth, they must be worn day and night, 24/7!!**
 - b. **Only remove your elastics to eat and brush your teeth.**
 - c. Wearing elastics just at night or just during the day **WILL NOT** move your teeth. Also, if you forget to put them back in, this will drastically slow your movement and this may delay your braces removal.

3. How often should I replace my elastics?
 - a. Elastics start to stretch out over time and lose their effectiveness.
 - b. Put new elastics on first thing in the morning, at least 1x in the afternoon, and before bed. Replacing > 3-4X/day may be beneficial, but not necessary.

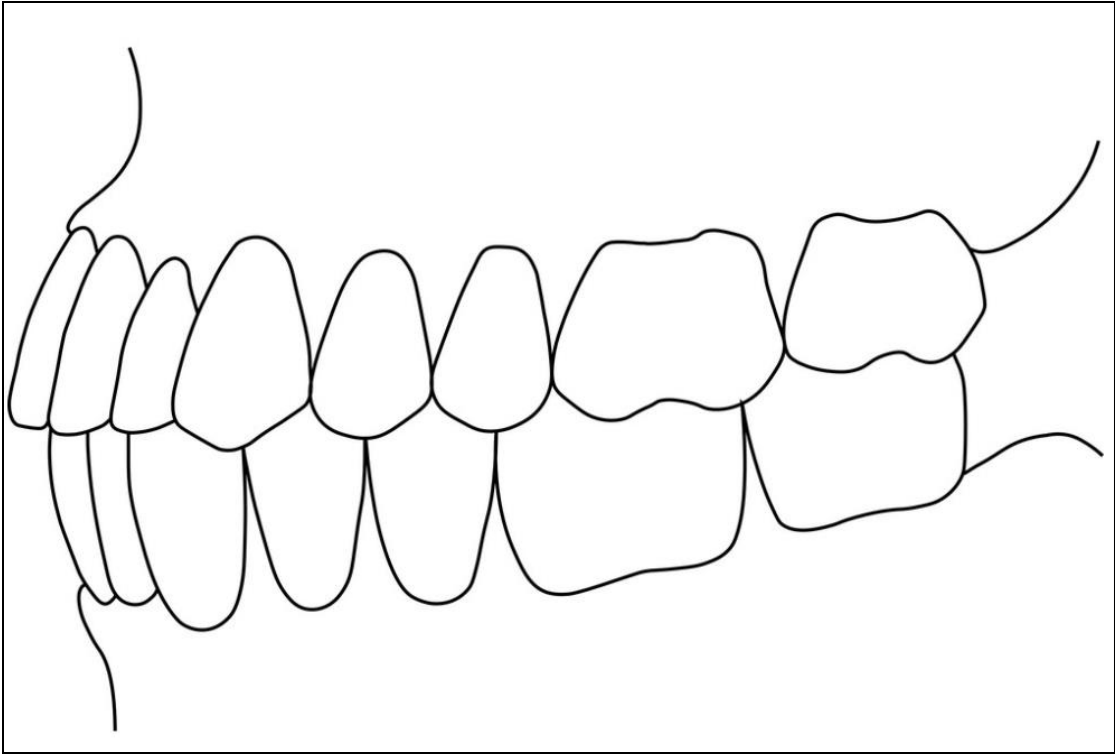
4. Will my teeth hurt?
 - a. When you first begin wearing elastics they will make your teeth sore for 3-4 days. You must wear your elastics during this time to get the teeth to start to move. After the fourth day, your teeth should no longer hurt from the elastics.
 - b. If you wear your elastics only part of time, your teeth will **always** hurt, and they will **never move!**

5. Will I always need to wear them 24/7?
 - a. After your bite is correct, you will be asked to wear rubber bands nighttime-only to hold the result you have achieved. This allows the bone to heal around the teeth in the new position. This is not the time to get lazy, or your teeth will shift back!

6. I ran out of rubber bands. What should I do?
 - a. **DO NOT purchase elastics from a store or online.** Please contact our office to get more *at NO additional charge.*

As always, if you have any questions at any time, please call our office @ **(301) 733-5230**.

PATIENT'S LEFT SIDE



PATIENT'S RIGHT SIDE

