

ELASTIC/RUBBER BAND INSTRUCTIONS

Elastics or rubber bands are used as a gentle but continuous force to help individual tooth movement or the aligning of one arch to the other arch (correcting overbite or underbite).

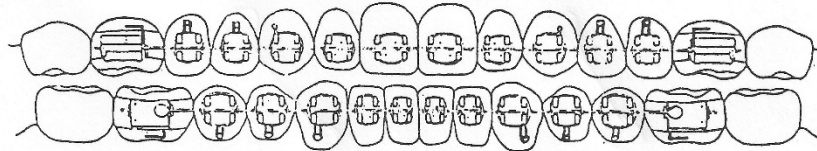
Basic Instructions to follow:

- Wear your rubber bands correctly. Make sure you are wearing the right size and **attaching them as instructed**.
- Wear your rubber bands all the time unless otherwise directed. **DO NOT** leave them off for a day to let your teeth feel better.
- Usually after 2-5 days any discomfort from wearing rubber bands will disappear.
- Place new rubber bands if they break and change them after every meal.
- Remove rubber bands for eating, sports, music, and brushing.
- Always carry extra rubber bands so you can replace broken ones immediately. More rubber bands can be picked up at the office when the supply runs low. If you cannot stop by the office, call and we will send you a new supply.

CONSISTENT WEAR IS THE KEY TO FINISHING ON TIME AND ACHIEVING THE BEST RESULT POSSIBLE!

BRUSHING / ELASTICS / HEADGEAR / APPLIANCE

Are you missing with the brush? Where should your elastics be worn?
PLEASE KEEP THIS AS A REFERENCE



Patient's Right

Front

Patient's Left

Elastic Size _____ Color _____

Headgear/Appliance Time: _____ nites _____ 12-14 hrs. _____ 24 hrs.

Brushing: _____ Satisfactory _____ Unsatisfactory