

Elastics



Purpose:

Elastics create a continuous force to move the upper and lower teeth into alignment. The elastics are connected to specific teeth to move the teeth into an ideal fit.

How to wear elastics:

Elastics should be worn 24 hours a day unless otherwise instructed. You will be given instructions on where to attach the elastics. Be sure to change the elastics at least 3 times a day (typically after meals) because the elasticity is gradually lost. If you forget how to wear them please give us a call so that we can explain proper placement.

What to expect:

Wearing elastics will make your teeth sore for the first two or three days. The soreness will go away after a couple of days as long as you continue to wear the elastics continually. Giving your teeth a “break” from the elastics will make them feel sore again the next time you put them on and will also prolong your treatment length.

Tips:

- Plan ahead; take elastics to school, work or trips. Ask for extra packages if needed.
- If you run out of elastics before your next appointment, call our office and we will send you more.
- Part-time wear will not correct your bite and will only prolong treatment.
- If an elastic hook breaks or comes loose, call our office so that we can fix the problem.

IMPORTANT:

Consistent elastic wear is the **most** critical determinant of whether treatment is completed on time. Our goal is to give you the best smile and bite in the most efficient/quickest way possible. Cooperation in wearing your elastics as instructed will help us reach that goal!

For quirky (but useful) information on elastics, please see “Ask Joe” at nelsonsmiles.com