

# ELASTICS:

## Introduction:

Your elastics are a very important part of your orthodontic treatment.

There are many ways to wear elastics. Please follow the instructions you have been given for wearing your elastics.

There are many different strengths and lengths of elastics. Please wear only the specific type you have been prescribed.

They are designed to move your teeth from one place to another. If you do not wear them, it may prolong your treatment.



## General Care:

Wear your elastics full-time, including sleeping and eating, unless otherwise advised by your Orthodontist.

You may find that your elastics make your teeth sore for a few days. This is quite common. If necessary, take what you would normally take for a headache.

Replace your elastics if they break, or get lost.

Take spare elastics with you in case you lose or break one. The only time you need to take your elastics out is for cleaning. Clean your teeth after every meal, and at least twice per day.

Change your elastics after you brush your teeth every morning and evening. When brushing your teeth at other times, place your elastics over your little fingers to remind you to put them back afterwards, but remove if they get painful.

Wearing your elastics part-time makes teeth loose and uncomfortable, but does not make the teeth move.

## Help:



If you run out of elastics, please telephone us, and we will send some more to you as soon as possible.

Please let our receptionist know which type of elastics you need (e.g. Chuck, Fred, Dwight, Cliff, Gary, Bear, Monkey, Ostrich, Parrot).



**If you have any problems, please telephone our clinic for an appointment as soon as possible on 9586 9653**