



Associated
Orthodontists

EST. 1969



Elastics

Elastics or rubber bands are an important part of orthodontic treatment. In order to achieve the desired results, you must carefully follow the instructions. IT IS YOUR RESPONSIBILITY to place the elastics on your braces/Invisalign® between appointments as instructed.

ANY TIME MISSED IN WEARING YOUR ELASTICS WILL ONLY MAKE YOUR TREATMENT TIME LONGER.

WHY DO I NEED ELASTICS?

- Elastics correct overbites, underbites, openbites and crossbites.
- They are also used to help move a tooth into alignment or to close space.

INSTRUCTIONS

- Wear the elastics for the full time you are instructed to.
- Elastics should be worn while eating and sleeping.
- Change the elastics after each meal and at bedtime. Elastics will wear out over time, thus not providing the proper pressure on your teeth. They must be changed constantly.
- Carry extra elastics with you in case they break.

ELASTICS MAY CAUSE YOUR TEETH TO BECOME SORE AT FIRST. THE SORENESS WILL ONLY LAST A COUPLE OF DAYS. NOT WEARING YOUR ELASTICS AS INSTRUCTED WILL ONLY MAKE THE SORENESS LAST LONGER.

GreatBraces.com

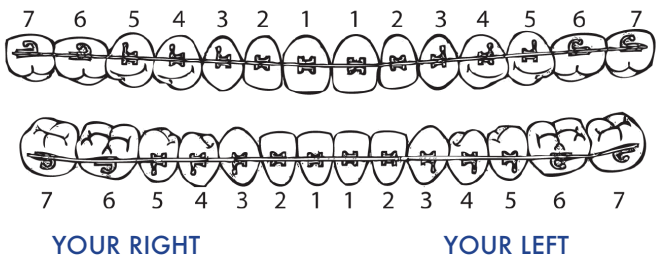
NAME: _____

DATE: _____

WEAR YOUR ELASTICS _____ HOURS PER DAY.

TYPE OF ELASTICS _____.

BRACES



INVISALIGN®

