

Elastic Wear

Successful orthodontic treatment primarily depends on two things: constant light forces and time. Sometimes it takes added force to move teeth and jaws into their correct positions. Elastics, also called rubber bands, create that extra force. However, they don't work without you. To achieve the healthy, beautiful smile you are working for, you must carefully follow our instructions about placing and using your rubber bands.

At first, the elastics may cause your teeth to be tender. That's because your teeth are moving, which is the goal. Usually the tenderness only lasts a day or two. Not wearing your rubber bands as instructed will only make the tenderness last longer, and make the tooth movement take more time.



In order to get the best results from your rubber bands, remember:

- ✓ You are responsible for placing the elastics on your braces every day. Be sure to wear them as instructed.
- ✓ Always carry a few rubber bands with you, so if one breaks you can replace it straight away. If your supply is low, call our practice on 02 9672 6113 to get more.
- ✓ If you happen to forget to wear your elastics one day, do not double up the next day, just follow your regular instructions.
- ✓ Rubber bands get tired. When they lose their stretch, they do not provide the proper pressure on your teeth and jaws. Therefore, it is very important to change them as directed, even when they are not broken.
- ✓ If you have any problems like elastics breaking frequently, a band or a hook that's broken or a loose wire please call our office. Don't wait until your next scheduled appointment. These problems should be corrected as soon as possible.

Faithfully wearing your rubber bands, following all instructions and keeping regular appointments are the quickest, easiest ways to achieve your goal of a healthy, beautiful smile.