

# Elastics

PERFECT SMILES ORTHODONTICS



Now that you are wearing elastics, you may have some questions that you would like answered.

## What are elastics?

Elastics are rubber bands that are used to move your teeth from one place to another. They are usually used towards the end of your treatment to fix any details before your braces come off. These Elastics play a very important role in getting your braces off; therefore they should be worn as much as possible so that your braces can come off sooner.



## When do I wear the elastics?

The elastics should be worn twenty four hours a day or when recommended by Dr Chin. Do NOT double up on elastics to make up for lost time or speed up treatment as it doesn't work and you could actually shock your teeth which will make them lock up in the bone and prevent them from moving the way we want them to.

## When should I change the elastics?

The Elastics will lose their strength after a period of time so they should be changed at least twice a day. A good way to make sure they are being changed throughout the day is to take them out when you eat a meal and put them back in after you have brushed your teeth. This way, they will be getting changed three to four times a day (if you put one on your finger when you take them out it will remind you to put them in afterwards!). Always make sure that you have a packet of spare elastics with you wherever you go, because if one may break then you must replace BOTH

## Will wearing elastics hurt?

Sometimes the teeth will be sore when you first start wearing the elastics. This usually lasts a few days. Wearing the elastics every now and then can actually cause more pain and may also shock the teeth, making them difficult to move.

## What do I do if there is a problem or I run out of elastics?

If you lose your elastics or run out please call our office so that we can arrange for either you to come and pick them up or for us to post some out to. If for some reason you are unable to wear the elastics as instructed also call our office so we can make an appointment for you to come in so we can help you or fix the problem.

