

Bringing Beautiful
Smiles to Life

What are Elastics?



Phone: 08 9249 4250

www.perthsmiles.com.au

Find us on   

Address:

3/2 Kingfisher Ave Ballajura WA 6066

3/10-14 Dewar Street Morley WA 6062

Elastics



When should I change the elastics?

Change your elastics bands 3 times a day to follow the "717" rule.

This means that you should change your elastic bands at 7am, 1pm, & 7pm.



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 you.

If for some reason you are unable to wear elastics as instructed please call our office so we can arrange an appointment for you to come in to fix the problem.

Now that you are wearing elastics, there may be some questions you would like answered

What are elastics?



Elastics are rubber bands used to move your teeth from one place to another. They are used during your treatment to fix your bite and to close spaces between your teeth.

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 elastics?

The elastics should be worn 24 hours a day or when recommended by Dr Chin.

Do NOT double up your elastics to make up for lost time to speed up treatment. This can actually shock your teeth and prevent them from moving optimally.