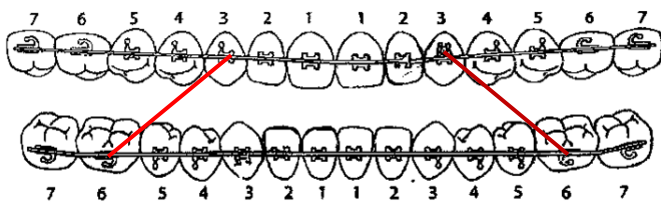


## ELASTICS

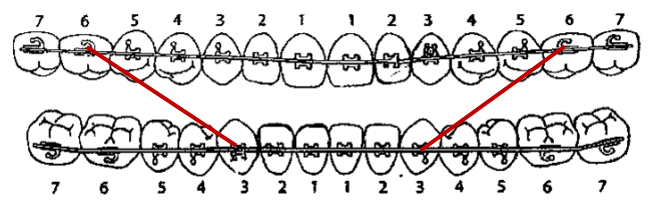
Elastics are assigned to correct your bite. Worn as prescribed, you will be moving teeth in between office visits. Your future appointments depend on your diligence to our requests. Inconsistent wear can increase treatment time, or even cause damage to the roots of your teeth. Team work makes for healthier and more efficient correction.

- Full time means day and night.
- You may remove them for eating, brushing and your mouthguard.
- Put on fresh elastics after meals and brushing. This means you'll change them at least 4-5 times a day.
- Always carry elastics with you so that you can replace them.
- The goal is to keep elastic force even. This assures progress and keeps your bite correcting.
- Remember elastic forces deteriorate due to mechanical use and chemical/enzyme breakdown.
- Frequent changes also help your teeth stop aching, by eliminating random "spikes" in force levels.
- Take a picture of your elastics before you remove them the first time in case your elastics are not pictured below.
- Please call our office if you need more elastics.

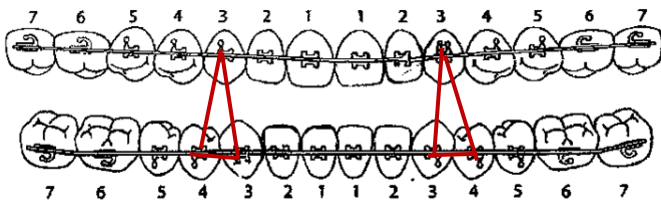
Below are some standard elastic configurations. Not all configurations are pictured.



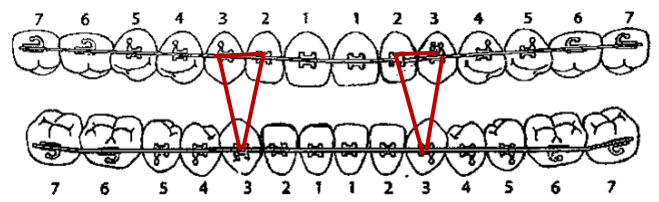
**OVERBITE**



**UNDERBITE**



**OPEN BITE 1**



**OPEN BITE 2**