

# REVERSE PULL ELASTICS

**These elastics are worn to correct your underbite.**

**Wear time is the greatest factor to your success.**

- Wear the elastics at least 12-14 hours a day. Every little bit adds up.
- Do not wear them when playing or at school!
- If you're not playing with friends or engaged in activities, wear them more!
- Start with 1 elastic on each side and go to 2 per side as soon as possible.
- Using 1-2 squares of toilet paper under the pads can prevent skin irritations.
- Call us if irritations arise.
- Please call if you need more elastics before your next visit.

