

ELASTICS

Elastics help us move your teeth by placing a gentle, but continuous force on them. Your teeth will move beautifully when elastics are worn consistency and as directed.

Rules To Follow:

Please wear your elastics 24 hours a day, 7 days a week. (which means all of the time, day and night.) We recommend leaving your elastics on while eating. In this way, you won't forget to put them back on.

Remove elastics to brush your teeth and remember to put them on afterward.

Change them once a day or they will lose their strength.

Always carry elastics with you so that if an elastic breaks you will be able to replace it right away.

Your teeth may be a little tender for a couple of days. If you wear them as instructed, any discomfort will soon disappear. If you take them on and off, your teeth will unfortunately never get a chance to become accustomed to them.

Please call our office if you run low or run out of elastics. We will send you several bags through the mail.