



ELASTICS

- Play an important role in your orthodontic treatment
- Supply the pressure needed to move teeth into their correct position
- **Failure to wear your elastics as prescribed will prolong your treatment**

Instructions:

ALL THE TIME

- Remove them only when you eat and brush your teeth (after every meal), and then put them back on immediately
- Discard old elastics after 24 hours of wear; always put fresh, new elastics on each morning
- Carry a few extra elastics with you so that if one side breaks you can replace BOTH sides with new elastics right away
- If your supply is low, call the office; we can easily mail a new package to you

NIGHT TIME

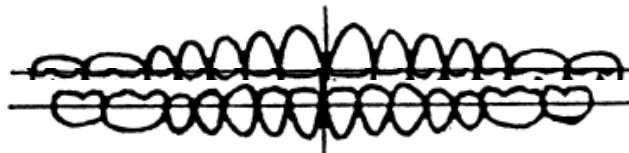
- Always put fresh, new elastics on each morning

REMINDERS:

- If you happen to forget to wear your elastics one day, do not double up the next day – just follow your regular instructions
- Elastics may cause your teeth to be somewhat sensitive at first, but this usually lasts only a few days
- Not wearing your elastics as instructed will only make the soreness last longer
- With elastics breaking frequently, a wire, band or bracket loosening, or if a hook breaks off, call the office immediately
- If you accidentally swallow a few elastics, don't worry – they will pass through your system naturally within a day or two.

NOTE: The elastics are made from latex material. Latex allergies are rare but do occur. *Please inform us immediately if you become aware that you have a latex allergy.*

If you have any questions send an email to info@mybraceland.com



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