

ELASTICS

Elastics are an extremely important part of your orthodontic treatment. They are able to move your teeth in ways that the braces alone cannot. The length of your treatment depends on your cooperation with your elastic wear. In other words, the less you wear them, the longer you will have your braces.

Key Instructions:

1. Wear your 24 hours a day, unless instructed otherwise.
2. Take off your elastics to eat or brush.
3. Change your elastics after meals and before bed.

What will I feel when I wear elastics??

During the first few days, your teeth may get a little sore. This is a good sign! It means the elastics are doing their job. Take Tylenol or Advil if you are experiencing discomfort. After a few days, the elastics should not bother you. Remember, the more you wear them, the faster we see results!

What should I do if the hooks come off?

Please call the office at (650) 961-5047 if the hooks for the elastics come off, or if you have any other problems.

What should I do if I run out of elastics?

Running out of elastics is NOT an excuse for not wearing them! Stop by the office as soon as possible to get more. Or, call the office and we will mail them to you right away. Otherwise, your treatment will be delayed.

Where should I attach the elastics?

The diagram below will show you which teeth you should attach the elastics to:

