

CARTWRIGHT ORTHODONTICS

BOARD-CERTIFIED ORTHODONTIST



INSTRUCTIONS FOR WEARING ELASTICS “RUBBER BANDS”

Purpose: Elastics move the teeth in a direction which cannot be accomplished with braces alone.

Wearing Time: Elastic wear must be constant to be effective –
24 hours a day – 7 days a week!

You may remove the elastics only when eating your meals, or brushing your teeth. Leave them in during snacking. Be sure to replace the elastics with new ones immediately following mealtime and brushing. Part-time wear does NOT move teeth, but it does cause them to be sore constantly. It may seem hard for you to put on elastics at first, however, it will become easier with practice.

Sensitivity: Your teeth and jaws may be tender the first few days of wearing the elastics. This is normal and should begin to disappear within a week. If it persists longer, please call our office. Rinsing with hot salt water will help take away the tenderness.

Refills: If you don't have enough elastics to last until your next appointment, please stop by our office and pick more up, or call us and we can send more to you. We do not want you to run out.

Diagram: Elastic wear is an important key to the speed of your treatment and the final results we can achieve. The diagram below shows the correct placement. Please call us if you have any questions or concerns. Good luck with your elastics!

