



**ORTHODONTICS**

*straight teeth. fast.*

[www.danaortho.com](http://www.danaortho.com)

## **ORTHODONTIC ELASTICS**

The purpose of orthodontic elastics is to move teeth and/or adjust the bite.

### **WEAR ELASTICS CONSTANTLY**

Elastics must be worn constantly, 24 hours a day, every day. They will work only when worn every minute of the day. They do not work if not worn constantly.

### **CHANGE ELASTICS 2 TIMES A DAY**

All elastics are to be changed twice daily, or every 12 hours. No exceptions.

### **EATING WITH ELASTICS**

Elastics can be worn during meals. If you cannot eat with the elastics in the mouth, remove them, and place them back immediately after eating.

### **ELASTICS PLACEMENT**

The dental assistant will help you practice placing your elastics on the brackets in the manner the doctor has prescribed for you. If you ever forget where to place them, call the office for clarification.

### **GETTING MORE ELASTICS**

If you lose the elastics, or run out, call the office immediately. You may pick up new ones during office hours, or we will be happy to mail them to you. We suggest you have spare elastics with you at ALL TIMES in case one breaks.

### **LOOSE BRACKETS**

If a bracket holding the elastic comes loose, call the office immediately, so we may repair it as soon as possible.

### **DISCOMFORT OR PAIN**

Occasionally, the tooth that the elastic hooks onto will begin to ache. This is more common when elastics are not worn constantly as directed. If this becomes a problem, we suggest taking Advil or Tylenol for up to two days. If the discomfort persists longer, call the office. If after wearing elastics you notice discomfort in the Temporomandibular Joint (the jaw joint in front of the ear), discontinue wearing elastics and call the office. One last important point: If you don't wear the elastics as explained, you might as well not wear them at all. They will not correct the particular problem you have if not worn constantly. This means you will wear your braces longer.