



Rubber Band/Elastic Instructions

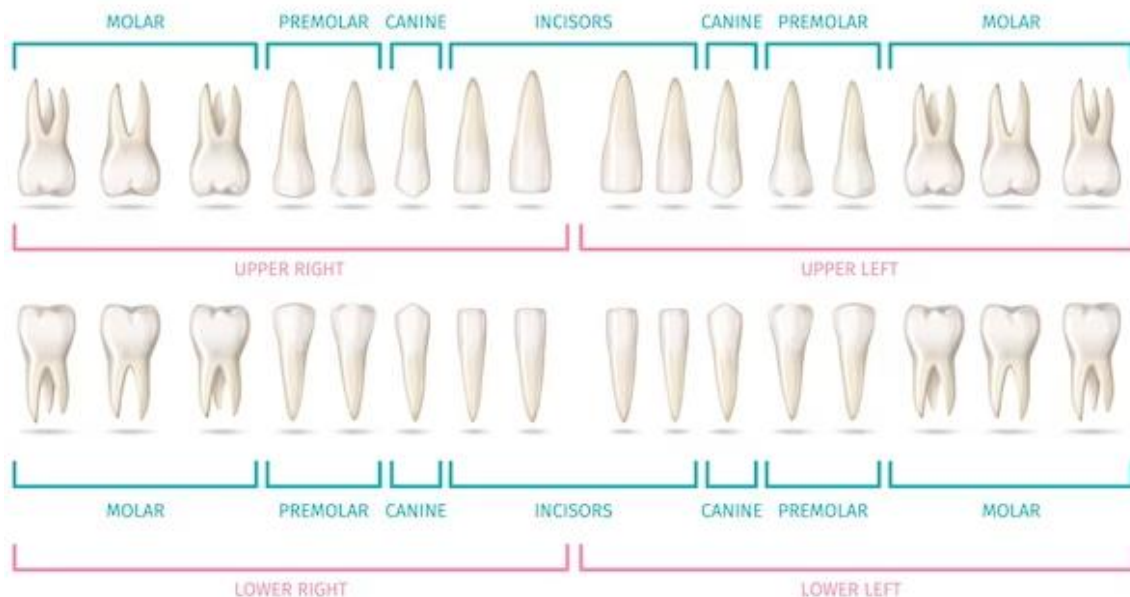
Sometimes referred to as rubber bands, while other times referred to as elastics, these are an important part of successful orthodontic treatment. Elastics move teeth in ways that cannot be accomplished with braces or aligners alone.

Made from the highest quality surgical latex AND non-latex materials, these force modules can help:

- Close space between teeth.
- Move teeth into correct alignment.
- Help partially erupted teeth into proper position.
- Align your bite, which helps prevent uneven wear of teeth.

Dr. Smith and his Orthodontic Clinicians will instruct you on what type of elastics you should wear and how often to wear them. By wearing them as instructed, your teeth will move to their proper position and your estimated treatment time will remain on track.

For your orthodontic treatment to be most successful, please follow the special instructions provided by Dr. Smith and/or the Orthodontic Clinician working with you.



REMEMBER:

- Please carry elastics with you at all times!
- Never run out by planning ahead:
 - If you live out of town/state, please call the office to send you more in the mail when you are running low.
 - Stop by and pick up more during business hours or visit our After Hours Care boxes at either location. Our boxes are stocked with extra elastics and wax. Please be mindful to take the correct elastic type and to take only take what you need!
- Change elastics routinely:
 - Each time you brush and at bedtime.
- Wear them ALL OF THE TIME, even while eating! (*Unless instructed otherwise.)
- If one elastic breaks, promptly change them all.
- Avoid leaving them in the sun or other warm areas. This could damage or weaken the elastics.



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