

Rubber Bands or Elastics

- To achieve the desired results, you must wear your elastics the number of hours designated by the doctor.
- Initially, your teeth might get sore while wearing the elastics. This is seen more frequently in patients who wear their elastics less than the number of hours prescribed. Wearing your elastics consistently will reduce and eliminate the discomfort and allow your teeth to adjust.
- It is important that you attach your elastics as demonstrated in the office. If you have any questions about which teeth to attach them, please call the office.
- Since there are several sizes of elastics, it is important that you only use those given to you in our office. If you run out, please call the office to get extra.