



ELASTICS

(Rubber bands)

During different parts of your treatment, small elastics are used as a continuous force to help individual tooth movement, or to help align one arch with the other. It takes about 10 hours for tooth movement to even begin. This means that not wearing your elastics for even a couple hours can bring your treatment to a standstill!

This is when you are in control of your own treatment!

- ✓ You need to wear the elastics continuously for 24 hours a day unless otherwise specified by Dr. Wiggins.
- ✓ Change the elastics at least 3-4 times a day since they will stretch over time.
- ✓ Replace with new elastics after brushing and eating.
- ✓ Always make sure you have elastics with you. Keep a couple bags at home, in your backpack, in your car, etc.

Feel free to stop by and pick up more elastics if you are running low in between appointments. Additionally, we can always mail you more elastics if that is more convenient for you.

There may be some discomfort while you get used to wearing elastics. This should go away within a few days as you get used to the pressure of wearing elastics. ***Do not stop wearing your elastics if you get sore!*** Once you get over the “hump” of soreness, you will not have as much discomfort.

The chart below shows you how to hook up your elastics:

