



RUBBER BAND WEAR (YOUTH)

Your child was seen today and was asked to wear elastic bands in conjunction with his/her orthodontic treatment. The purpose for the rubber bands is to help the teeth establish proper occlusion (bite). While the orthodontist uses the braces to make the teeth straight, it is the elastics that help the teeth fit together the way they should.

Unless otherwise instructed, your child should wear his/her elastics at all times. They should only be taken out to eat, brush/floss the teeth, play a wind instrument, or participate in vigorous sporting activities. Before your child left the office today, he/she was given instructions on how to wear the elastics and was asked to take them out and put them back in to demonstrate that he/she could reinsert the elastics. Should questions arise, please feel free to call the office or stop by for a refresher.

It must be noted that poor elastic wear is the main reason patients do not finish their treatment on time. It is imperative that your child understands that he/she will ultimately determine the length of treatment (in most cases) by the level of compliance with elastics.

Initially, your child's teeth may experience some discomfort, but with consistent wear this lessens within 2-3 days. Pain should be managed with common over-the-counter medications such as Tylenol (acetaminophen) or Advil (ibuprofen).

Please be advised that poor elastic wear which causes prolonged treatment time may cause the responsible party to incur extra cost as it takes extra appointments to finish these cases. (Each case is reviewed on an individual basis). These costs are not covered by insurance and will be due per appointment from the time poor compliance is noted.

Any questions may be referred to either Dr. Whetten or a staff member.

Thank you!