



## RUBBER BAND WEAR

You have been asked to wear elastic bands in conjunction with your 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, you should wear your 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 you left the office today, you were given instructions on how to wear the elastics and were asked to take them out and put them back in to demonstrate that you 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 you understand that you will ultimately determine the length of treatment (in most cases) by the level of compliance with elastics.

Initially, your 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 you to incur extra cost as it takes extra appointments to finish these cases.* These costs *are not* covered by insurance and will be due per appointment from the time poor compliance is noted.

Should you forget how to wear your elastics, lose them, or run out before your next scheduled appointment please feel free to call our office or stop by and we will be glad to address any of these situations.

Thank you!