



## Elastics

You have been instructed to wear elastics (rubber bands). Elastics are used to fix various bite issues. You will have to wear the elastics full time to achieve the correction required. There are several different ways to hook up your elastics. You will be instructed how to hook up the elastics the proper way for your case.

### Instructions for wearing elastics:

- Wear the elastics 24 hours a day. You may take them out to eat and brush but be sure to replace them immediately.
- Change your elastics 3 times daily. Meal time is a good time to change them.
- If you run out of elastics before your next appointment we can mail them to you or you can come by the office and pick them up.
- Your teeth may be uncomfortable for a couple of days initially, similar to having your braces adjusted. Tylenol/Advil may be taken for pain as needed.
- Not wearing elastics as instructed will prolong your treatment time. Remember one day missed from your elastics is one more day in braces!

**Questions? Call us at – 971-9601**  
**Visit our website at [charlottesvilleorthodontics.com](http://charlottesvilleorthodontics.com)**