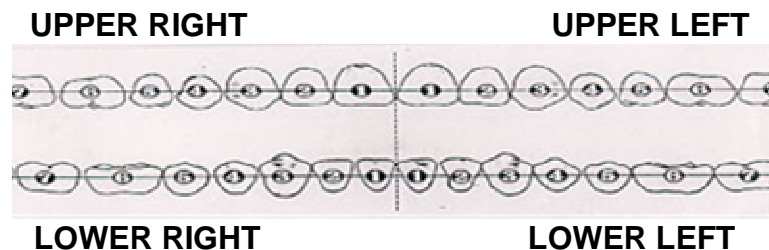


Elastics



Please wear your elastics as indicated on this chart



- ◆ Virtually *all patients wear elastics* at some point in their treatment.
- ◆ The purpose of the rubber bands is to *fit your upper and lower teeth together*.
- ◆ Even though the teeth are “straight” within the separate arches, the job isn’t complete until the bite is *locked in and the teeth fit together like gears on a wheel*.
- ◆ The elastics should be attached to the hooks provided on your brackets as shown in the diagram above and will vary from patient to patient. If you have any questions as to the configuration of your elastics, ask Dr. Wohlgemuth or one of the staff members.
- ◆ The rubber bands need to be worn **all day (24 hours)** to work properly. The only time they should be out of your mouth is *when brushing your teeth* and then **replace with new ones**. Wearing your elastics while eating **will speed up** the process by making the best use of the chewing motion to accomplish the desired result.
- ◆ The extra force of the rubber bands will usually cause your teeth to be a *little sensitive* for a few days. **Consistent elastic wear** and Tylenol or Advil will help alleviate this discomfort.