Instructions for Wearing Your Elastics

During your treatment, you may be asked to wear elastics. These are used to improve the bite relationship.

• It is normal for your teeth to feel sore, and for your bite to feel different, when you begin wearing elastics. Over-the-counter pain relievers can ease the discomfort. The soreness will subside as you continue wearing the elastics regularly.

• You may remove the elastics while you eat, play sports, and brush your teeth. However, if you can eat while wearing your elastics, please do so.

• You must wear your elastics for the prescribed amount of time and on the correct teeth in order for them to be effective. Change them three times a day (or after meals).

• Forgetting to wear your elastics for even one day can cause the teeth to move back. It can take about two days to make up for this.

• Please wear your elastics:
  ☐ 8 – 10 hours per day/just while sleeping
  ☐ 14 – 16 hours per day
  ☐ 22 – 24 hours per day

• Type of elastics:
  ☐ Magenta
  ☐ Pink
  ☐ Other
  ☐ Teal
  ☐ Lime

How to wear them: