



Instructions for Wearing Your Elastics

You play an important role in the creation of your new smile. Patient cooperation can affect the length of treatment and the quality of the final outcome, so please follow our instructions carefully and contact us if you have any questions or concerns.

Dental hygiene is particularly critical while you are wearing braces—brush your teeth several times a day and see your dentist every six months for a check-up and professional cleaning. Avoid sticky, hard, and chewy foods.

If you have an after-hours emergency, call our office at 978-369-3690 and follow the instructions on our recorded message.

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:

