

Elastics

Description

Orthodontic elastics are small, special “rubber bands” that are attached to your braces. They come in different sizes depending on what they are needed to do.

Purpose

The purpose of elastics is to move your teeth into their proper places. In doing so, elastics can correct an overbite, make room for crowded teeth or help speed the settling process to achieve an ideal fit of your teeth. Because of the neat things they do for your teeth, elastics are a great help to your treatment; *especially since they can greatly reduce the time you spend in braces!!*

Wear

Teeth move only when pressure is being placed on them. When your rubber bands are removed, even for a short period of time, teeth stop moving and will even backtrack. For this reason, part time wear results in little to no tooth movement and increases the amount of time that your braces are on. Therefore, it is essential that your elastics are worn all the time. If an elastic breaks, replace it immediately. You will want to keep packs of rubber bands on you at all times.

Brushing

Remove your elastics to brush and floss. Afterwards, place new elastics just the way you were shown at the office. Leave them on until the next evening when you will repeat the above process.

Eating

Your elastics need to be worn while eating. This will be awkward at first, but you will get used to it. Wearing your elastics while eating will drastically reduce the amount of time you need to wear them and thus speed up your orthodontic treatment.

Soreness

You may have some sensitivity to your teeth as they get used to the pressure; this will last several days, then go away completely as you continue to wear them as instructed.

Other Things

If you are getting low on your supply of elastics, please stop by the office to pick some up. If you cannot stop by, we will be happy to mail you some. Just make sure that you do not run out!

Parting Words

When patients use their elastics according to our recommendations, we have had excellent success. Our best wishes to you as you begin an exciting journey towards a super smile! If you or a family member has any questions along the way, just ask us!