

Information about:

ORTHODONTIC ELASTICS

Description:

Orthodontic elastics are small “rubber bands” that are attached to your braces. They come in different sizes and strengths 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 help achieve an **ideal fit** of your teeth, help correct an overbite, make room for crowded teeth or help close spaces. Rubber bands are a great help in moving your teeth and can help reduce the amount of time that you need your braces.

Wear:

Teeth only move when pressure is being placed on them. Because of this rule elastics work the fastest if they are worn **all the time**. Some people choose not to wear them while they eat – this is the **only** time that they should be off except for brushing your teeth. Wearing the elastics on a part time basis results in **NO** movement of the teeth. If an elastic breaks replace it immediately. Be sure to keep spare elastics on hand. New elastics should be placed each morning and each evening before you go to bed.

Brushing:

Remove your rubber bands prior to brushing and replace them immediately afterward.

Eating:

Choosing to eat with your elastics on will speed up how quickly they move your teeth. It does feel awkward at first, but most people adapt quite nicely.

Discomfort:

Elastics do make the teeth sore for the first 2-3 days that you wear them while they become use to this new type of pressure. It is recommended that Advil or Ibuprofen (400mg) be taken twice per day for the first 2 days. If you have been faithful with full time wear of the elastics you should be feeling quite comfortable by the fourth and fifth day.

Helpful Hints:

If you notice that you are getting low on your supply of elastics feel free to stop by the office and pick some up, or give us a call and we'll be happy to send some to you in the mail. When patients use their elastics according to our recommendations we have had excellent results. Please cooperate well with your elastics, to help keep the length of time necessary to achieve a great smile, to a minimum.

