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INSTRUCTIONS

elastics (rubber bands) wear

CONGRATULATIONS!

The day that you have been waiting for has finally arrived...the day that you get your rubber bands! Even though most people do not relish the idea of wearing rubber bands, they are one of the most effective methods of correcting bite relationships ever invented. Their effectiveness has been documented in hundreds of university studies. The most critical point regarding the use of the elastics is **CONSISTENCY** of wear. **YOU will dictate how well they work by how well you wear them!**

Here are a few rules that apply to using elastics:

1. Unless otherwise noted, you should wear your elastics full time, all day, every day. They can be removed for eating and brushing only and should be immediately put back in. **Remember, consistent wear is the most critical part of using rubber bands!**
2. After some time in your mouth, the rubber bands will begin to weaken, and are likely to break if you yawn or open your mouth wide. The rubber bands need to be changed 3 or 4 times per day, or whenever they break.
3. The elastics may make your teeth sore for a few days after you start wearing them. Just like a regular adjustment to your braces, this soreness will subside. If you quit wearing them, the soreness will start all over again!
4. If you run out of elastics, please call. We can mail you more, or you can stop by and pick them up...**do not wait until your next appointment!**

