

Elastic Wear

- If you need elastics, please stop by our office or call if you need some mailed.
- Please wear your elastics exactly as they have been prescribed. Failure to follow these instructions is likely to prolong your treatment and may result in a compromised final result.
- Change your elastics as indicated (generally once per day). Remove your elastics while eating and brushing your teeth. Replace them immediately.
- During the first few days, you may experience some discomfort while wearing elastics. This is considered normal and should go away with continued elastic wear. Please contact your orthodontist if the level of discomfort increases or pain lasts an extended period of time (more than a week).
- Always have some extra elastics with you in your pocket, purse or backpack to use in the event of breakage.
- If you have any questions or problems placing the elastics please call our office or return for assistance.