

## Instructions on Elastics

### Elastics

Rubber bands (or elastics) are sometimes needed during orthodontic treatment to give the teeth a little extra push.

The extra force of the elastics will often cause the teeth to be a little sensitive for a few days.

You may be tempted to leave them off, DON'T as this will only slow down your treatment.

Once you get over this slight soreness then the teeth may hurt when the elastics are left out. The important thing to remember is that when elastics are worn teeth move and this is a necessary part of your treatment.

Light constant force is best. Therefore, only wear your elastics as instructed. Do not be tempted to wear extra elastics to increase the force. Too much force may slow down your treatment progress.

Elastics are not to be worn while eating or cleaning your teeth.

### How Elastics Work

The elastics ordinarily attach from one hook to another hook. So if a hook breaks or bends and the elastics cannot be worn then call the centre and arrange to make an appointment.

Elastics lose some of their stretch while they are in the mouth, so you will need to change them regularly. Dr Sanders would like you to change them at least every morning and as required during the day if they are lost or broken.

You will be given a clear plastic bag with some elastics.

Use the small bag to keep some elastics with you during the day. If you break them they can be replaced.

Each elastic has a different name which signifies a different strength and thickness.

Do not wait until you run out before you contact the surgery. Allow some time for them to be posted to you.