



West Cobb
ORTHODONTICS



Elastic "Rubber Band" Instructions

What do I need to do?

You should wear these elastics all the time, or **22 hours** a day. You wear them while you **sleep**, and then all day during the day except for meals. Take your elastics out to eat breakfast, lunch, and dinner. Wearing rubber bands is all about the time you wear them. Teeth don't start to move for about 6-8 hours. If you wear them less than that, your teeth will never move. If you wear them less than 22 hours your teeth will move extremely slowly, and this could extend your time in treatment. Every hour you aren't wearing your elastics means the teeth are moving back in the wrong direction and negating any time you did wear them.

When you take them out to eat you should **throw them away** and get a new set after you are done. This is because they lose their elasticity after ~4 hours.

If you lose your bag(s) of rubber bands, please call the office to get a **new bag** ASAP. We can mail them to you or you can come by and pick some up at any time. Remember however long you go without elastics means your teeth/bite is moving in the wrong direction. Do NOT wait until your next appointment to get a new bag.

We use different **sizes** of elastics for different reasons, so pay attention to the bag that we gave you at your last appointment. Make sure you are wearing those, and not anyone else's or ones we have given you previously. Your teeth may not move like we want if you are wearing the wrong sized elastics. Give us a call if you are unsure of which ones to wear.

Elastics will make your teeth **sore** when you first start wearing them. Kind of like the first day we started your ortho treatment, your teeth hurt. But after you kept wearing them your teeth adapted, and you weren't sore anymore. It's the same with elastics, the more you wear them, the less sore you will be. If your teeth are **sore**, wear them **more**!

Why do I have to wear them?

You are wearing them to correct your **bite**. Braces and aligners can only straighten and align teeth, they cannot fix the way your top and bottom teeth come together, that is what elastics are for. Remember, **you** are responsible for fixing your own bite by wearing elastics, we can NOT do this without your help and cooperation. If you do not wear your elastics as instructed, we may have to finish your treatment early without your bite being fixed.