



1120 E. Dupont Rd
Fort Wayne, IN 46825
260-497-0497

841 S. Union St.
Warsaw, IN 46580
574-267-1490

RUBBER BANDS

Today is the beginning of an important new phase in your orthodontic treatment. You have been given elastics (small rubber bands) that will be used to help reposition your teeth and jaws if worn as directed. There are different sizes of elastics and different ways that they can be worn.

GUIDELINES TO FOLLOW:

1. Elastics should be worn all the time with the exception of eating and brushing your teeth. The teeth will not move sufficiently if not worn as prescribed.
2. We recommend changing your elastics several times daily to maintain the elasticity. Always carry extra elastics so you can replace them immediately as needed.
3. Make sure you have an adequate supply of elastics. If you run low, call us and we will send the correct size out to you.
4. The elastics may make your teeth tender for the first 2 or 3 days. If you continue to wear them, they will become comfortable in a short time. Wearing them just a few hours a day in an attempt to “get used to them” will only prolong the tenderness.

Your cooperation is important. If you wear elastics as recommended, you will be surprised how quickly your treatment will progress and possibly shorten your overall time in treatment.

Do not wear any elastics other than prescribed. If you have questions regarding the size of rubber bands or the direction the rubber bands are to be worn, please call our office.