



INSTRUCTIONS FOR WEARING ORTHODONTIC ELASTICS

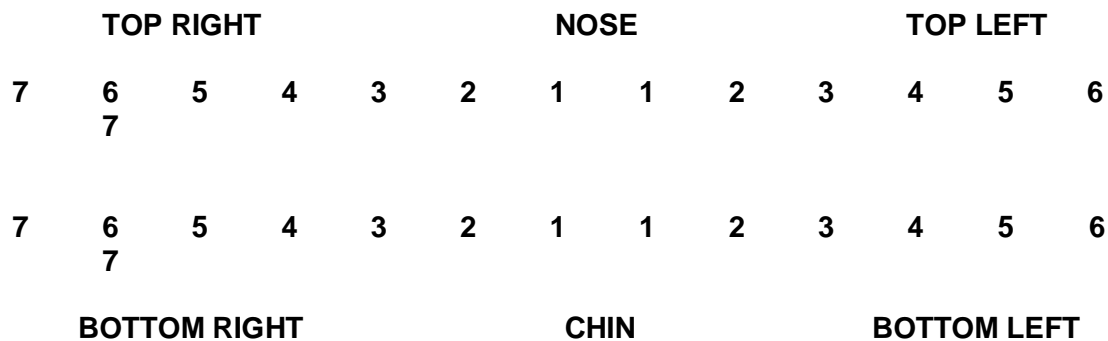
NAME _____ DATE _____

You have been asked to wear Orthodontic Elastics on your braces. This helps move your teeth which will speed up your treatment.

The type chosen for you is:

Triangles Up and Down Box Class II Class III Elastic size _____

They should be worn on the teeth as shown below:



RULES FOR WEARING ELASTICS

1. Keep your elastics on at all times except for eating.
2. Change the elastics each morning as they lose their stretch every day.
3. Keep your elastics in a safe place while eating (on your little finger or on a pen or pencil).
4. For better force, make sure to talk a lot and stretch your elastics by opening and closing your teeth regularly during the day.
5. If you lose or run out of your supply, come to our office for refills as lost time will delay the end of your braces.
6. You may find some of the teeth a bit tender in the first few days. This is normal and indicates that your teeth are moving as we planned. If you need to take pain killers for this please call our office right away to discuss this with our staff.

This form is provided for information and education purposes only.
Please use it for your benefit and contact our office if you have any additional questions.