

Guide to wearing elastics

Why do I need to wear elastics?

If you've been asked to wear elastics - congratulations! That may sound strange, but it means your treatment is progressing and we are starting to correct your bite. This is what elastics do, which makes them one of the most important aspects of your treatment.

When do I need to wear them?

Elastics need to be worn **full-time, 24 hour a day, 7 days a week**, unless your orthodontist has specifically told you otherwise. Think about them like a permanent part of your braces. This means they are only removed when you brush your teeth. If you cannot manage to eat with your elastics on you may remove them but must place them back on as soon as you are finished. Putting your elastic bands on your finger is a good trick so that you don't lose them and remember to put them back on!

How often should I change them?

Change your elastics every 24 hours (morning or night), when you lose them, or they break. This means that if your elastics break at work or school, you will need spares with you. Many people split their elastics up into small zip-lock bags and leave them in their school bag, sports bag, wallet, phone case etc. Please don't worry if you swallow one – it happens and is not harmful.

Will it hurt?

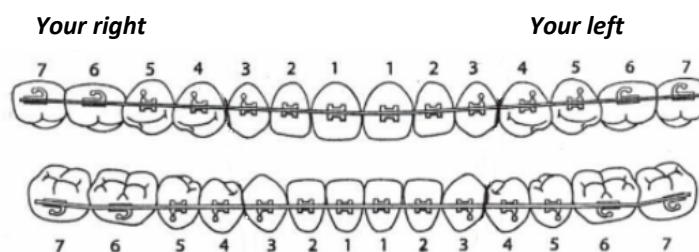
The teeth the elastics attach to may be tender for a day or two because of the extra force. Painkillers such as Panadol will help if required. You may be tempted to take your elastics off – don't! It will only take longer to adjust to wearing them. Within a few days you will hardly notice they are there.

What if I don't wear my elastics?

It depends on your bite. Sometimes it means that you will have braces on for longer than we predicted because your bite is not correcting. In some cases, we cannot achieve a good functional bite without co-operation from you. A good orthodontic result always requires a team effort!

How do I wear my elastics?

Elastics are placed in a variety of different positions depending on what part of your bite we are correcting. Please make sure you know where to hook on your elastics and call us if you have any questions.



Elastic size:

- Falcon
 Eagle
 Sea Lion
 Tortoise

If you run low on elastics, please don't wait until your next appointment. Call the clinic on 9687 8243 and we can send you some more.