



## ELASTICS

**Orthodontic elastics are used to correct the position of individual teeth and/or jaws to achieve long term stability of tooth correction and bite function.**

**When the orthodontist requests that you wear elastic bands, it is because the forces created by the elastics on your teeth are essential to providing you with the best result. Elastics are very important.**

**The key to getting teeth to move in response to elastic band wear is CONSISTENCY. Inconsistent wear means the teeth will not move and your treatment will not progress.**

Please make sure you:

1. Wear your elastics as advised:
  - 24 hours a day
  - 12 hours a day
  - At night only
2. Take your elastics off to eat and clean your teeth and then put them straight back on.
3. The elastics will stretch and lose their strength. Please replace them with new ones once a day.
4. Put some of your elastics in a plastic bag to carry with you, and keep the rest safely at home. We will give you a bag of 100 elastics.
5. Don't run out of elastics. If necessary, please call the practice and we will post some to you.
6. Wear your elastics exactly as shown. Placing them incorrectly will mean the teeth will move in the wrong direction.
7. Wear your elastics to your appointment so that we can check you are wearing them correctly.

Elastics come in different sizes and force strengths. Your elastics are called:

- Sand Dollar 1/4 4½ oz (Non-Latex)
- Elliott 1/4 4oz
- Louie 5/16 4oz
- Fred 1/4 6oz

Right



Left

