



ELASTICS

- The purpose of orthodontic elastics is to move the teeth into their most ideal position.
- Wearing your elastics prescribed by the doctor is essential to ensure that your treatment progresses as efficiently as possible.
- Unless instructed otherwise, it is important to wear your elastics all the time, day and night, except for when you are brushing or eating your three main meals. Try to wear your elastics when snacking, if possible.
- It is also important to change your elastics throughout the day. Morning and night or at every meal to keep the force of the elastics steady and strong.
- There will be an adjustment period when you first start to wear elastics. If and when you start to experience tenderness, try your best to keep wearing them, you may want to consider taking some pain relief medication to help. The more you wear your elastics, the faster you will get used to them and how they feel

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