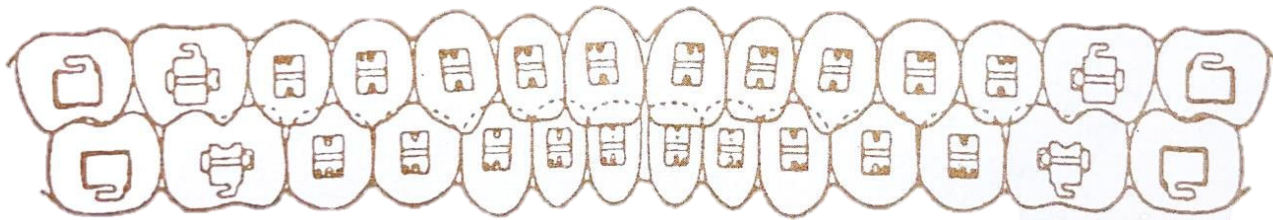


# ELASTICS

Wearing elastics is a very important part of treatment. It's normal for the teeth to feel sensitive as you begin elastic wear. This indicates that the teeth are moving in the desired direction. This tenderness should subside within a few days.

This important stage of treatment will provide the forces necessary to move the teeth and jaws into their correct positions. To accomplish this, it's important to adhere to the following instructions:

1. Elastics should be worn at ALL times. Only remove them to eat, brush, and floss. If you miss a day, do NOT increase the number of elastics. Simply start again with your regular instructions. "Doubling up" on elastics without Doctor's instructions can be harmful to your treatment.
2. Replace elastics after every meal, even if they are not broken. Wearing elastics for more than the recommended time makes them lose their ability to apply the appropriate forces. Change elastics at least 3-4 times daily!
3. Carry elastics at all times. This will allow you to replace them immediately if one should break.
4. Call us if you run low on elastics. We will be happy to mail a replacement supply.
5. Call us if frequent problems persist, such as loosening of your bands, or a broken hook. You may need to be seen before your next appointment



## SPECIAL REMINDER:

**ELASTIC WEAR HAS A SIGNIFICANT IMPACT ON TOTAL TREATMENT TIME.  
FAILURE TO WEAR ELASTICS AS PRESCRIBED BY DR. DROBOCKY MAY RESULT  
IN A DELAY OF REMOVAL OF YOUR BRACES.**