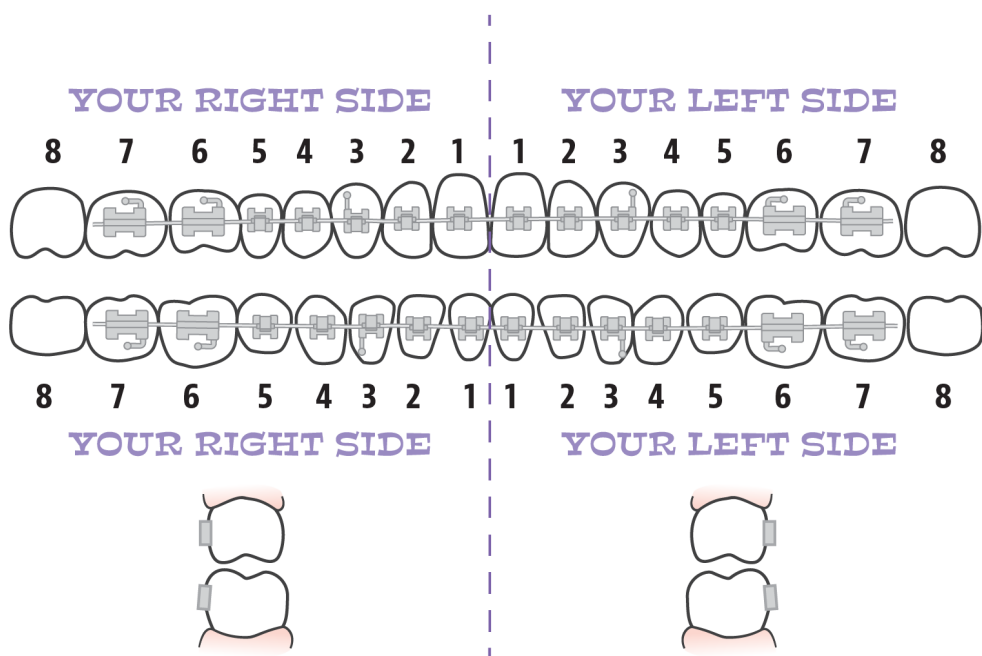


ABOUT MY ELASTICS

ELASTIC TYPE: _____

INSTRUCTIONS: _____



CONGRATULATIONS!

You are at a very important part of your treatment. This is **YOUR** opportunity to really help your treatment go quickly and improve the results.

Elastics are worn in many different ways and come in various sizes. They are used to exert a gentle, continuous force for aligning one arch to the other to connect your bite. This force may cause some discomfort at first but **do not leave your elastics off as this will only slow down your treatment and prolong the discomfort**. Once your teeth have loosened, the soreness will go away. Leaving your rubber bands off allows your teeth to slip back to where they were before you started wearing elastics.

MY ELASTICS

WHAT ARE ELASTICS?

Elastics are small rubber bands that come in a variety of sizes. They are used to move the upper and lower teeth into alignment. The elastics connect to specific teeth and move them in a planned direction. Elastics should not be worn while eating.

WHAT TO EXPECT

Your teeth may feel slightly sore during the first few days of wearing your elastics. This is completely normal. An over-the-counter headache medicine should help relieve any discomfort.

FOR SUCCESSFUL WEAR:

1. Follow your instructions exactly and wear your elastics faithfully.
2. Change your elastics regularly; they lose their stretch and become tired.
3. Always carry extra elastics while you are away from home.
4. Remove your elastics only when eating and/or brushing & flossing your teeth. **Be sure to put fresh ones on immediately after.**
5. Call our office if one of the hooks holding your elastics breaks or bends.

GET REMINDERS!

We understand our patients have busy schedules and sometimes you simply forget about your elastics. For this reason, we now use Orthodontext in the office. **Orthodontext** is a text-based reminder service that allows us to send a little digital "nudge" to our patients to remind them to wear their elastics. Make sure you are signed up for this great service so you'll never miss a day of wear! You can sign up by clicking on the tab on our website.



GOLDREICH ORTHODONTICS
972-618-6611 | planobraces.com