

What are Elastics?

Elastics are tiny rubber bands that move your teeth in a way that braces or aligners alone cannot. They create a continuous force to help improve how your upper and lower teeth fit together. Elastics are a very important part of your treatment. Missed time with elastics, even only a couple of days, will extend treatment time. Proper use of elastics will speed up the day you finish orthodontic treatment!! Good luck!

What to Expect:

- Teeth will be sensitive and sore for the first few days. You may take over-the-counter pain relievers such as ibuprofen or acetaminophen to ease the soreness.
- The soreness will go away with continuous wear. Giving your teeth "a break" from the elastics will only make them feel sore the next time you put them on and set you back in treatment.

How often to wear your elastics:

- Wear them as advised by Drs. Ross or Laura Pulver.
- Full time wear = 22 hours per day, 7 days a week. You may remove the elastics only when eating or brushing, but they must be replaced immediately.
- Part-time wear = 10 hours per day, 7 days a week.

Changing your elastics:

- You should replace your elastics at least two to three times a day since they lose their strength. Always carry extra elastics on you in case they break or get lost.
- If you run out of elastics or lose them, please stop by the office to pick up more.

How to wear your elastics:

- You should always wear the elastics the way you have been shown. If you forget how to wear them, please refer to the chart below or call the office .

Your elastic configuration:

Full Time

Part Time

Right Side

Left Side

