

Elastics

1. You must wear your elastics at least 23 hours per day to move teeth efficiently. Remember that anything less than 23 hours is an excellent effort; however, it yields almost no movement. You may eat with elastics in, except while wearing midline elastics.
2. Carry spare elastics with you at all times. We also recommend keeping a bag at home, and one at work/school. If you run out between appointments, please return to the office to pick up more.
3. Change the elastics at least twice per day.
4. As with any new force, elastics may create some soreness. The soreness lasts a few days and will go away if the elastics are worn as directed.
5. Refer to diagram as to where the elastics are to be worn.
6. Please call if you have any concerns.

