

# Elastics

## Instruction Guide



### WHY ARE ELASTICS SO IMPORTANT?

Elastics are crucial for bite-correction. Bite correction can be the longest and most difficult part of orthodontic treatment, so wearing the elastics correctly is probably **THE SINGLE MOST IMPORTANT** factor in achieving a good result.

### HOW OFTEN SHOULD I WEAR MY ELASTICS?

Your elastics need to be worn **ALL OF THE TIME**, full-time, 24/7, night and day. Ideally elastics should **ONLY** be taken off when you clean your teeth. The only exception to this rule is if your orthodontist has instructed you to wear the elastics at night time only.

### HOW OFTEN SHOULD I CHANGE THEM?

Elastics lose their stretch so they must be changed regularly. Put a fresh set on each day, either in the morning or at night time. Elastics can break so you should carry some spares with you at all times.

### SHOULD I EAT WITH MY ELASTICS ON?

It's always better if you are able to leave them on while eating. However if you really struggle, take them off just before you eat and put them back on as soon as you finish your meal.

### WHAT IF I RUN OUT OF ELASTICS?

If your elastic supply starts to run low, please ring us and we will send you some more. It helps us if you quote the name of the animal on the front of the packet. Make sure you stock up on your elastics at your adjustment visits so that you have enough to last you through to your next appointment.

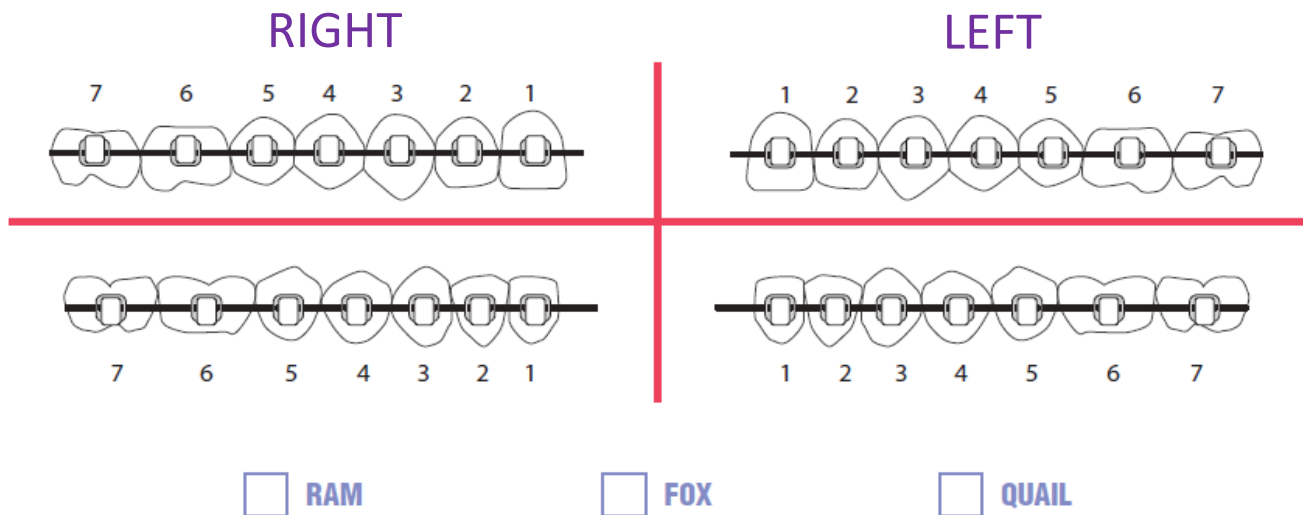


## WILL WEARING ELASTICS HURT?

Your teeth may feel tender for a few days after elastics are commenced. This is due to extra force and is quite normal. You may be tempted to leave them off, but **DON'T**. This only slows down your treatment progress.

## HOW DO I WEAR THEM?

There are many different ways to wear elastics, depending on the movement required to correct your bite. Please use the diagram below to ensure you have placed them correctly.



**IF YOU HAVE ANY QUESTIONS ABOUT WEARING YOUR ELASTICS, PLEASE CONTACT OUR CLINIC**

**Pure Orthodontics**

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