



ELASTIC WEAR

Elastics (Rubber Bands) are worn to change the relationship between the upper and lower teeth, i.e. the bite. Don't be alarmed if your bite feels different, that's normal and desirable. To be effective they should be worn constantly. Envision rolling a ball up a hill. As long as you keep pushing you eventually reach the top. Stop pushing, and the ball rolls back down the hill.

Change the elastics a minimum of four times a day, usually after each meal and before bedtime. More frequently is okay since the saliva weakens the elastic material. Keep a reserve of elastics at home and some with you at all times.

Please call us if you need more elastics.