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**Orthodontist**

## Elastics

Elastics must be worn at all times unless otherwise directed. If, for any reason elastics cannot be worn according to prescription, please call our office immediately.

Do not remove elastics for orthodontic appointments. Your arrival for appointments with elastics properly aids our review of their attachments.

Elastics should only be removed during brushing and eating.

Elastics should be replaced once daily.

If you lose your elastics or anticipate depletion in their supply, contact our office without delay to arrange for an additional supply.

The movement of teeth results from the light, continuous force provided by uninterrupted elastic wear. Tenderness of teeth is common when elastics forces are first applied. This initial discomfort will subside as your teeth begin to move. Infrequent or sporadic elastics wear not only results in discomfort but lack of tooth movement. Your teeth must be subject to continuous forces to move effectively.

Adherence to the guidelines for elastic wear is essential for the success of your treatment! Failure to wear elastics as directed will produce a poor result and a delay in completion of your treatment.