

# 695 MOUNT LAWLEY orthodontics

## ELASTICS

During some phases of your treatment, small elastics or rubber bands are used. These elastics place a gentle but continuous force to help individual tooth movement or the alignment of one jaw to the other. Elastics must be worn 24/7 unless instructed otherwise, it is this constant force that makes them work. Forgetting to wear them for just one day can cancel out days or even weeks of good work.

There are many different types of elastics that we use, and they each have a boys name to make it easy for you to remember. There are some stronger elastics and some lighter elastics, your orthodontist will decide which ones you will require.



### WHAT TO EXPECT

The elastics will usually cause your teeth to be a little sensitive for a few days and you will be tempted to leave them off. Don't, as inconsistent wear places extra strain on your teeth, therefore slowing your treatment.

Usually after a few days any discomfort will ease. If you leave them off to give your teeth a rest, you have done exactly the wrong thing! So stay with them. Use pain relievers if they are needed for the first few days as you adjust to wearing them. It takes some practice but if you can learn to eat with your elastics on they will work better, and you won't have to remember to put them back on afterwards.

### WHEN DO I CHANGE THEM?

Elastics will lose some of their stretch, so it is important to replace them once a day. You will also need to carry some spares with you at all times. Occasionally one will break and you will need to replace it. If you are wearing two elastics and one of them breaks, be sure to change the other one as well so the tension is even on both sides.

If you have been told to wear you elastics fulltime, this means only taking them off when you are brushing, or if you are finding it difficult to eat with them in. Fulltime wear also includes wearing them to bed. A good time to change them is when you get up in the morning after you have brushed your teeth.

If you are wearing your elastics at night-time only then it is easy to just put them on after your dinner and take them off in the morning before you brush your teeth.

Remember, night-time wear is still half time. Make sure you are wearing them for 12hrs, not just when you go to bed.

**Remember** - if for some reason you can't wear your elastics or you run out of them, phone us immediately and we will arrange to adjust your braces as needed, or simply post you some elastics.

### REMEMBER!

There are many different ways to wear your elastics, depending on what we want them to do. Don't worry if a friend with elastics is wearing them different to you. It is most likely that you are both wearing them correctly and are likely to have varying elastic needs.

If you are unsure about how you are wearing your elastics, please don't hesitate to contact us and we will be more than happy to help you, as it is very important that you are wearing them correctly.

## Wear your elastics as this diagram describes

Right

Left

