



Eric W. Howard, DMD, PhD
Manish Lamichane, DDS, MMSc
Andrew C. Long, DDS, MSD
Ross E. Long, Jr., DMD, MS, PhD

ELASTICS

Elastics or rubber bands provide an important force in moving your teeth into the proper position. When they are worn properly the teeth will move. When they are not, no progress is made toward completion of treatment. Please follow the instructions below for maximum progress with elastics.

- (1) Elastics should be worn twenty-four hours a day, unless you have been told otherwise.
- (2) Remove them only when you brush your teeth or eat meals, then put them back on immediately.
- (3) Carry extra elastics with you at all times. If one breaks, you can replace it immediately.
- (4) Should you lose them or run low, please stop by the office and pick up a new supply, or call and we can mail some.
- (5) Sometimes teeth are sore when elastics are first begun; usually this soreness lasts only a few days. Wearing elastics irregularly increases soreness and makes teeth harder to move.
- (6) Elastics lose their strength the longer they are worn. Please put fresh elastics on each 24 hours.
- (7) Your elastics may be difficult to place on your braces at first. Placing them will be easier after you practice for a few days.
- (8) If, for some reason, you cannot wear your elastics as you have been instructed, please call our office for an appointment so that we can help you.