

Elastics

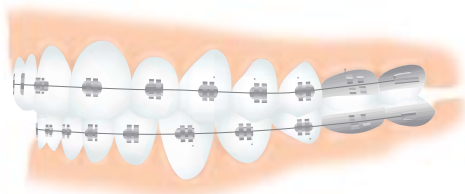
East | 1821 N. Rock Road | Wichita, KS 67206 | tel 316.683.6518 | fax 316.683.0918 | toll-free 1.800.794.1818
West | 9909 W. 21st Street N. | Wichita, KS 67205 | tel 316.722.0857 | web www.toothmovers.org

Complying with elastic wear is your responsibility. Elastics are essential in straightening teeth. As they apply pressure to the teeth, elastics shift one arch as it relates to the other. Elastics move the teeth in a direction which cannot be accomplished with braces alone. It may seem hard for you to put the elastics on at first, but it will become easier with practice. Your teeth will be tender for three to four days when you first begin wearing them, but *always* wear your elastics; *24 hours a day, 7 days a week*.

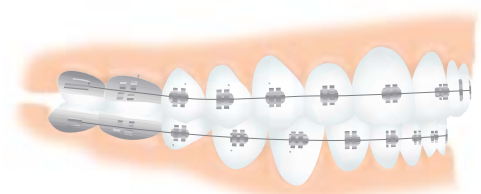
If you wear elastics sporadically, you will get a lot of back-and-forth shifting (setting up resistance which will prevent proper movement), and no progress will be made in your treatment. This is not healthy for your teeth, and you may find yourself in braces much longer than you expected. You will also have tenderness if you don't wear your elastics consistently. Please carry a package with you at all times. Call us if you need more and we will mail them to you.

Remember that teeth have never failed to move when elastics have been worn as directed.

Please call us if you have any questions.



Patient's Left



Patient's Right

Helpful Tips

- Change your elastics at least three times a day. If one side breaks, replace both sides.
- When brushing, place elastics on your little finger to remind you to replace immediately following brushing.
- Elastic wear is an important key to the speed in which your treatment is completed, and in the final result.



Member American Association of Orthodontists



DIPLOMATE
AMERICAN BOARD
OF ORTHODONTICS

ROGERS, DUNCAN
& DILLEHAY

SPECIALIST IN ORTHODONTICS

J. Kendall Dillehay, DDS, MS

A Professional Association