



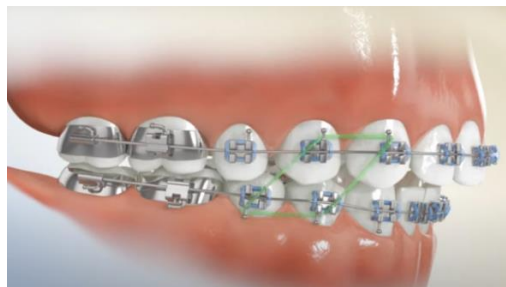
# Elastic Instructions

The purpose of elastics, also known as rubber bands, is to move your teeth in a way that braces alone cannot. Even though the teeth may be straight, our goal is not complete until the bite is fit together properly.

## **WEAR YOUR ELASTICS AS INSTRUCTED:**

- Wear elastics 24 hours a day, unless otherwise instructed.
- Remove the elastics when you eat and brush only.
- Replace the elastics 4- 5 times a day, typically after meals and brushing.
- If you run out of elastics, please call immediately. Do not wait until your next appointment.
- Remember, the teeth will be moving and may become sore. For comfort, Tylenol or Motrin is best.

The length of your treatment will depend on how faithfully you follow our instructions. As always, call us if you have any questions.



**Right Side**



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**Thank you for being the most important part of our practice.  
Almost half of our patients are sent to us by former patients.**

**We deeply appreciate your confidence  
in recommending us to your friends and family.**