

# Elastics

At this stage of your treatment you'll be wearing elastics called

## WHY DO I WEAR ELASTICS?

Elastics provide extra force to help your braces move your teeth into their correct position.

## WHEN DO I WEAR MY ELASTICS?

Elastics must be worn 24 hours a day. Only remove your elastics when you are eating or cleaning your teeth, unless told otherwise. After eating, you must clean your teeth and then replace your elastics straight away.

## WHAT WILL IT FEEL LIKE?

The force created by the elastics may make your teeth a little sensitive in the first few days. However, it is important to continue wearing your elastics, otherwise they can't do their job and your treatment will take longer.

## WHEN DO I REPLACE MY ELASTICS?

Replace your elastics every morning, using the following routine:

- Throw the old elastics away
- Eat your breakfast
- Clean your teeth
- Put on your new elastics to last for the next 24 hours

## SHOULD I CARRY SPARE ELASTICS?

Yes, keep some spares in your school bag or wallet so you can replace a broken or lost elastic straight away. If you finish the packet or lose your elastics, please phone or visit Profile Orthodontics that day to organise replacements.

## DO I WEAR MY ELASTICS WHEN EATING?

No, remove your elastics whenever you eat and replace them afterwards. Where possible, clean your teeth before replacing your elastics.

## DO I WEAR MY ELASTICS WHEN CLEANING MY TEETH?

No, remove elastics before cleaning your teeth. After cleaning, remember to immediately replace your elastics.

## PLEASE REMEMBER

Wearing your elastics all the time will allow your treatment to progress more quickly. Forgetting to wear your elastics will cause setbacks in your treatment.

## YOUR ELASTIC PLACEMENT

Please make sure you place your elastics as shown below:

FRONT



LEFT SIDE



RIGHT SIDE

