

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

