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PATIENT INSTRUCTIONS: ELASTICS

Please follow the instructions below in order to ensure the best orthodontic results.

1. Elastics must be worn **24 hours a day** (including to bed) – **unless otherwise specified**.
2. Remove elastics to eat, brush teeth, play sports and musical instruments.
3. Change elastics 2-3 times a day.
4. If you lose or run out of elastics, call the office. We can mail them, or they can be picked up at the front desk.
5. Instructions were given to you on how to put the elastics in your mouth along with a diagram on the back of your elastic bag.

Remember that proper wear of elastics is essential to your orthodontic treatment. Lack of wear can extend the treatment time significantly. Please call the office if you have any questions!