



2991 Treat Blvd., Ste. F • Concord, CA 94518 • (925) 689-4790

INSTRUCTIONS FOR WEARING ELASTICS

1. The purpose of the elastics is to move your teeth and adjust your bite in order to create the best fit of your teeth.
2. Unless instructed otherwise, we are requesting at least 20 hours per day of elastic wear. You should change your elastics after every meal and before bedtime. If your elastics break or you lose one during the day, replace it as soon as possible. Plan ahead! It is important to carry elastics with you at all times.
3. The Teeth you attach your elastics to will become sensitive during the first few days. This sensitivity will subside with consistent wear. If necessary, you can take an anti-inflammatory drug like Advil to reduce the discomfort.
4. If one of the braces that you attach your elastics to becomes loose, stop wearing your elastics and call us as soon as possible. We will need to schedule an appointment to recement the brace before you can restart your elastics.
5. If you lose or run out of the elastics, please call our office. We can mail the elastics to you or you can drop by and pick them up.

Thank you for your cooperation.