

WHAT ARE ELASTICS?

Elastics are an important part of your treatment which are used to correct the way your teeth bite together.

Elastics are mini rubber bands that provide a gentle “pulling” sensation that is needed to move your teeth in the right direction.



RIGHT

LEFT



RIGHT SIDE

Fox
Rabbit
Impala
Full Time
Night Time

LEFT SIDE

Fox
Rabbit
Impala
Full Time
Night Time

SCAN FOR MORE
INFORMATION



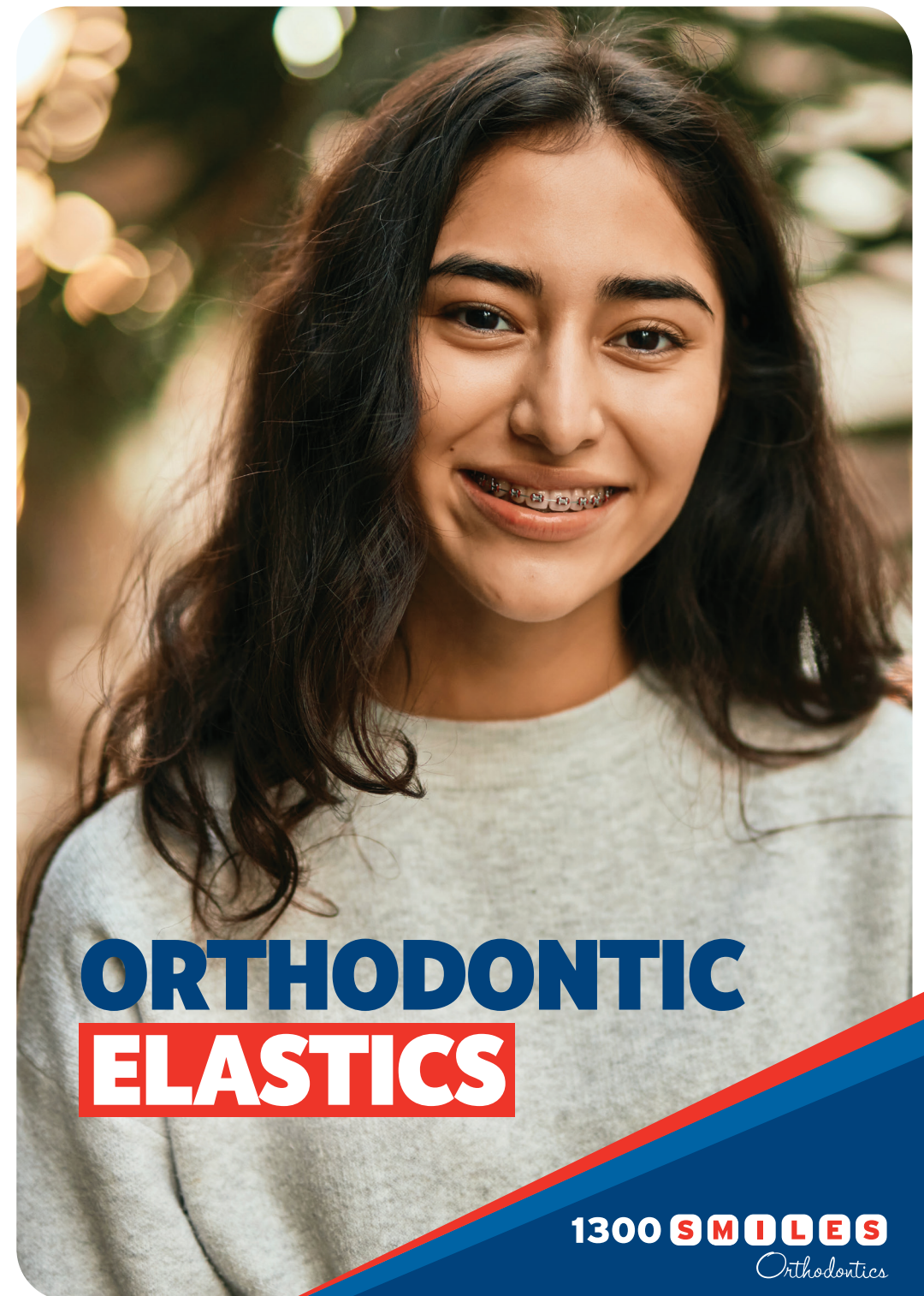
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ORTHODONTIC ELASTICS

1300 **S M I L E S**
Orthodontics

DO'S AND DON'TS...

- It's best to try eating with your elastics in, if you can't manage, remove them, but remember to replace them **STRAIGHT AWAY**.
- Change your elastics morning and night, remove them when you brush your teeth then put in new ones.
- Your elastics can snap during the day, so please keep a packet with you so you can replace them.
- Don't share elastics with your friends, wearing the incorrect size elastics can delay your treatment.
- If you lose your elastics or run out, just drop into the surgery or phone us to get some more.



POOR ELASTIC WEAR CAN RESULT IN LONGER TREATMENT.

Elastics are one part of your treatment we need your help with. If you don't wear them, your braces won't be removed anytime soon!

WHEN DO I WEAR MY ELASTICS?

Elastics can be worn full time or part time.

Full time means they need to be worn 24 hours day for the elastics to work properly.

Part time wear means they need to be worn 12 hours a day, this is easiest at night time when you're asleep.



FOX, RABBIT, IMPALA?

There are several different sizes of elastics which have the name of an animal, your orthodontist will tell you which type of elastics you need to use.

There are several ways to wear your elastics and the right and left sides can be different.

If you are unsure of how to wear your elastics we are more than happy for you to come in and get them checked.

