

Wearing elastics

You have been asked to wear some little elastic bands running between your upper and lower teeth.

For your treatment to continue successfully you should:

- Wear the elastics exactly as your orthodontist tells you to. **ALL THE TIME MEANS ALL THE TIME** except for tooth brushing. If you do not wear your elastics properly, treatment will take longer and the result will be poor.
- **PUT ON NEW ELASTIC BANDS EVERY DAY.** Replace any bands that are lost or broken. Always carry some spare elastics with you.
- Contact the surgery if you run out of elastics.