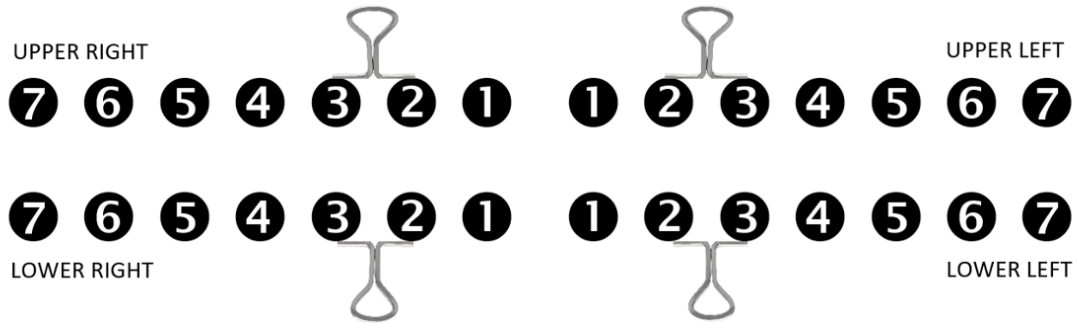


ELASTIC INSTRUCTIONS AND CHART



THE SIZE OF YOUR ELASTICS: _____

WEAR TIME: _____

- Wear your elastics as instructed above. Remove **ONLY** when eating or brushing.
- If you are wearing your elastics full time, change them out 3-4 times daily to keep them tight and working.
- To make it easier to remember to wear your elastics, keep them in multiple places.
- The elastics MAY cause your jaws to become sore as they are not used to the pressure. Any soreness will dissipate with increased elastic wear as your jaws and bite move into their correct position.
- If you are running low on elastics prior to your next appointment, call the office to make us aware. We can either mail them to you or make them available for pickup at an office location.
- If any problems arise such as a broken bracket, broken elastic hook, or loose band, call the office to make us aware. We will either add time to your upcoming appointment for repair or bring you in sooner.
- **NOT WEARING YOUR ELASTICS AS INSTRUCTED WILL PROLONG TREATMENT!**

Please click on the link below or scan the QR Code to learn more about orthodontic elastics
<https://youtu.be/9GiktlwmTZM?si=JwOeQ8QDXmdtde3D>

