WALL ORTHODONTICS

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Instructions for Elastics

Elastics move teeth if you wear them!

Elastics provide a low level force that is applied constantly over a long period of time. Your teeth will move only if you wear the elastics as directed.

It is extremely important that you wear the elastics exactly as you have been shown. Unless instructed otherwise, you should wear them 24 hours per day (day and night), even at meal times. If you take them out to eat, you'll probably find a way to talk yourself into waiting "just a little while." If you add up all of the "just a little whiles," it may surprise you to find out just how much time you've missed.

You need to wear your elastics all the time for best results.

You should change your elastics every 3-4 hours. Therefore, you need to carry extra elastics with you at all times. If your elastics break or you lose one during the day, replace it immediately. If the hooks on the braces break, bend or come loose, call us right away so we can fix it as soon as possible; failure to do so may result in wearing your braces longer.

Your teeth will move as long as there is a constant force on them.

If you wear them one day and then miss the next day, your teeth will not move.