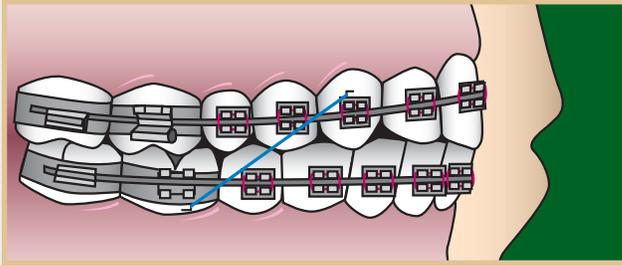


ELASTICS

WHAT ELASTICS ARE

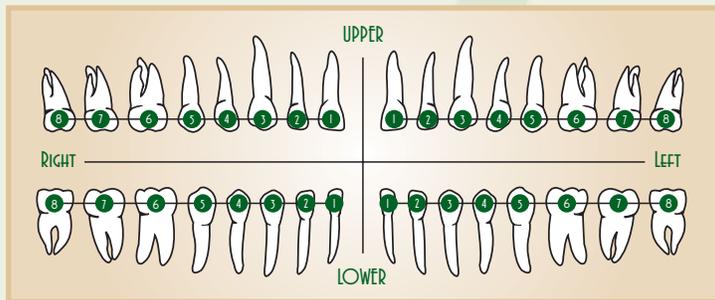
Elastics are tiny rubber bands that move your teeth in a way that braces alone cannot. They help improve how upper and lower teeth fit together (your bite). You will need to hook elastics onto your brackets.



Elastics help your upper and lower teeth line up. The result: an improved bite.

WEARING YOUR ELASTICS

The diagram below is used to explain where your elastics need to be hooked. Count from your front teeth back. Place elastics on the numbered teeth as demonstrated. Be sure to follow any other directions that may be written below. Call our office right away if you run out of elastics.



OTHER DIRECTIONS:

WHAT TO EXPECT

It may take a couple of days to get used to putting in your elastics. After a few days, you'll probably be able to hook them in with your eyes closed. For the first week, your mouth may be a little sore or you may have a slight headache. Over-the-counter pain relievers may help you feel better.

Elastics can break and you may feel one snap in your mouth. Once in a while, you might even swallow one. This isn't a problem. Just remember to replace the broken elastic with a new one.

WHEN TO WEAR ELASTICS

You'll probably wear your elastics nearly 24 hours a day. Carry plenty of spares so you can replace a broken one right away. Here are things to remember about wearing elastics:

SLEEPING

Wear elastics all night.

EATING

Most people keep elastics in while eating. But if they get in your way, you may need to remove them. Follow your orthodontist's instructions.

BRUSHING & FLOSSING

Take elastics out when cleaning your teeth. Replace them when done. Replace elastics as often as directed.

ACTIVITIES & SPORTS

Keep elastics in unless you need to wear a mouthguard for sports. After removing your mouthguard, put the elastics back in.

GERALD R. KARR, DDS, MS



Member American Association of Orthodontists

1820 Haynes St.
Clarksville, TN 37043
(p) 931•647•6370
(f) 931•647•7975

1281 Parkway Pl. 101st Blvd.
Clarksville, TN 37042
(p) 931•552•1339
(f) 931•647•7975

www.drskarrandblackman.com



SCOTT C. BLACKMAN, DDS, MS

