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Diplomate of the American Board of Orthodontics

Practice Limited to Orthodontics / Dentofacial Orthopedics

Your New Elastics

You have been asked to wear rubber bands attached to certain points on your braces. This gentle, constant force will work with the adjustments that are made at your regular appointments to help move your teeth into their proper positions.

DESCRIPTION

Orthodontic elastics are small special “rubber bands” that are attached to your braces. They come in different sizes depending on what they are needed to do. The purpose of elastics is to help move your teeth into their proper places. In doing so, elastics can correct an overbite, make room for crowded teeth or help speed the settling process to achieve an ideal fit of your teeth.



WEAR

Teeth move only when pressure is being placed on them. Because of this orthodontic rule, we find that when “rubber bands” are removed, even for a short time, the teeth stop moving and will even backtrack. For this reason, part time wear will usually result in little or no tooth movement at all and actually increase the amount of time that braces are on your teeth. Therefore, it is essential that your elastics be worn all the time, except at mealtime and when brushing your teeth. Also, wearing extra elastics to move your teeth faster is not recommended. The extra force could damage your teeth.

EATING

If at all possible, wear your elastics while eating. This will be awkward at first, but you will get used to it. Wearing your elastics while eating drastically reduces the amount of time you need to wear them and thus speeds up your orthodontic treatment. If you are unable to wear your elastics while eating, replace them immediately afterwards! Always rinse your mouth after eating if you are unable to brush.

SORENESS

Your teeth may be sensitive as they first get used to the pressure; this will usually last several days, then goes away completely as you continue to wear them as instructed. This soreness is very similar to the soreness you have experienced when having your braces adjusted.

OTHER THINGS

If you notice that you are getting low on your supply of “rubber bands” please stop in to our office and pick up some more. If you can’t stop by, we would be happy to mail you some. Just make sure you don’t run out. **ALWAYS HAVE AN EXTRA PACK HANDY.**