

RUBBER BANDS (ELASTICS)

You have just received rubber bands. We call them "elastics". These elastics are an additional force used with braces to help improve your bite. Elastics do cause some additional pressures, so a slight soreness may be experienced. This soreness disappears quickly if the elastics are worn as instructed.

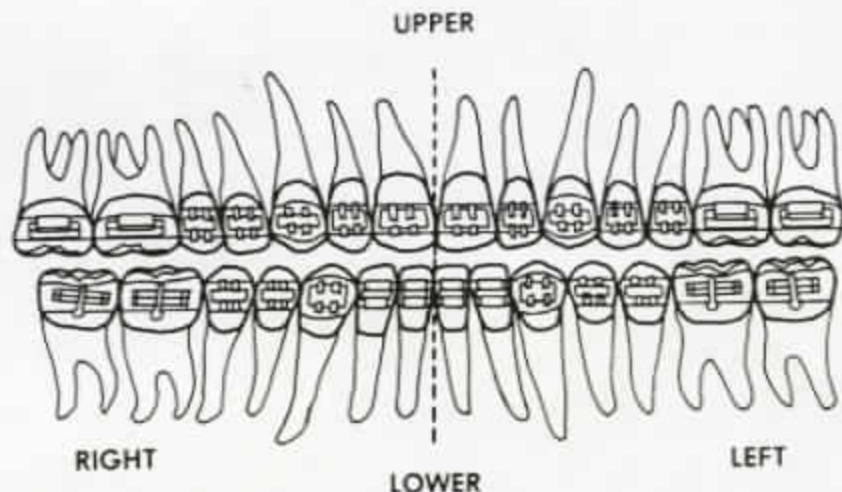
Rules To Follow

WEAR YOUR ELASTICS CORRECTLY. Make sure you are attaching them as you were shown. Wear them all of the time, except during contact sports, unless otherwise instructed.

CHANGE YOUR ELASTICS a minimum of twice per day (after a while, elastics lose their stretch). In addition, replace broken ones immediately.

DON'T RUN OUT OF ELASTICS! Carry extras with you at all times. Plan ahead and let us know if you will need some soon and we will send them to you in the mail.

DON'T DOUBLE UP ON YOUR ELASTICS or wear them differently than instructed. This may be harmful to your teeth and bite.



All elastics you receive have a force description and name. Always remember this name and the way they are to be worn. You are wearing _____
_____ elastics.