

Rubber Bands (Elastics)

Elastics or rubber bands are used to help move your teeth from one place to another. The use of these rubber bands helps insure proper alignment of your teeth and bite. Proper wear of your elastics will help us give you the best possible treatment in the shortest amount of time. Below is a list of things you should be familiar with:

- Elastics should be worn twenty-four hours a day unless you have been told otherwise.
- **Remove them only when you brush your teeth or eat meals.** Put them around a finger so that you will remember to put them back in immediately afterwards.
- Carry extra elastics with you all the times, if one should break, and they will, you are able to replace it immediately. Please do not wear another persons elastics; Dr. Lembck prescribes a specific strength of rubber band to work in your mouth
- If you lose your elastics or run low, please stop by the office to pick more up or call so that we can mail you more. We do not want you to lose anytime wearing your elastics.
- Usually the teeth will be sore when the elastics are started. The soreness should last only a few days. Wearing elastics sporadically will also cause tooth soreness and makes it difficult to correct your bite.
- Do not double up on your elastics to make up for lost time. It does not work and you could actually shock the tooth, which will lock it in the bone preventing it from moving the way that we want it to move.
- Elastics will lose their strength after a period of time so you should **change them every 8 hours.**
- The elastics may be difficult to put on in the beginning but, after a few days of practice, placing the elastics will become very easy.
- If, for some reason, you cannot wear your elastics as you have been instructed, please call our office for an appointment so that we can either reinstruct you or fix the problem that is preventing you from getting them on. This is not considered an emergency but we do want to fix the problem ASAP.

POOR ELASTIC WEAR WILL INCREASE YOUR TREATMENT TIME!!!!

****REMEMBER: THE EFFORT YOU MAKE EQUALS THE RESULTS YOU WILL ACHIEVE****