**ELASTICS**

 Elastics are designed to help align the upper and lower teeth with each other, thereby achieving a correct bite relationship. Inconsistent use of elastics will prevent the teeth from moving. Therefore it is very important that you wear your elastics continuously so that your teeth move at the most optimal and healthy pace.

Some DO’S and DON’TS…

**DO:**

1) WEAR THE RUBBER BANDS **24 HOURS A DAY** or as instructed by Dr. Steinhoff

2) WEAR YOUR RUBBER BANDS WHEN YOU EAT.

3) WEAR YOUR RUBBER BANDS WHEN YOU SLEEP.

4) Change your rubber bands at least 4 to 5 times a day. Be sure to change them when you get up in the morning, right before every meal, and before you go to bed at night.

5) Only use the rubber bands that Dr. Steinhoff instructs you to

wear. Use of any other rubber bands could prevent your teeth

from moving properly and could even cause damage to the roots

of your teeth.

6) If you run out of rubber bands, come by our office to pick up

more or call our office and we will mail the rubber bands to you.

7) Carry extra rubber bands with you at all times so you can change

them as needed or if they break.

**DON’T:**

1) Don’t double up on rubber bands, with the thought that two (2)

will work better than one. This can cause severe damage to the

roots of your teeth.

2) Don’t use rubber bands after they accidentally have been through

the washer or dryer.

3) Don’t wear rubber bands if you have a loose bracket, band or

broken arch wire.

Remember…YOUR TEETH WILL NOT MOVE UNLESS YOU WEAR THE RUBBER BANDS THE TOTAL AMOUNT OF TIME THAT YOU ARE INSTRUCTED TO WEAR THEM!

Without your cooperation with the above instructions, there can be little, if any, improvement. With good cooperation, you can achieve the maximum result in a minimum amount of time. Teamwork between the patient, the parents and the orthodontist is essential in order to obtain the best results. If you have any questions, please do not hesitate to ask at your next appointment or call our office.