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INSTRUCTIONS FOR WEARING ELASTICS

1. **You are responsible** for wearing your elastics (rubber bands). Remove them only during meals.
2. It is extremely important that you wear the elastics exactly as you have been shown. **Your teeth will move properly ONLY if you wear the elastics as directed.**
3. Elastics need to be worn 24 hours per day. You should change your elastics after every meal and before bedtime. If an elastic breaks or you lose one during the day, replace it immediately. Plan ahead! You will need to carry extra elastics with you at all times.
4. Elastics may cause your teeth to hurt a little at first. That's because the teeth are moving, which is our goal. Usually the tenderness lasts only a few days. Not wearing your elastics as instructed will only make the tenderness last longer, and tooth movement will require more time or lead to a compromised end result.

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