

Elastics

Elastics are used to change the way that teeth 'bite' together. They are small rubber bands which you are able to put on and remove yourself. If you are struggling - try using a pair of eyebrow tweezers; this may help.

Each case is different and the specialist orthodontist will advise you whether elastics will be a part of your orthodontic treatment, these can be prescribed full or part time and they will put different forces on the teeth and jaws depending on how they are worn.



Full time: change the elastics every night before bed, wear the same elastics throughout the next day then a fresh pair at night and continue as above (if they break or are lost use fresh ones and another fresh pair at night).

Part time: put a fresh pair of elastics on every night or as directed by your orthodontist.

They are an important part of treatment, please follow the instructions carefully as failure to wear prescribed elastics can compromise the final result of your treatment.

If you run out of elastics please call the practice & advise us the colour of the writing on the bag and we can post a new packet out to you to ensure you do not run out before your next appointment.

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