

## When to Wear Elastics

You'll probably wear your elastics nearly 24 hours a day. Carry plenty of spares so you can replace a broken one right away. Here are things to remember about wearing elastics:

### ▶ *Sleeping*

Wear elastics all night.

### ▶ *Eating*

Most people keep elastics in while eating. But if they get in your way, you may need to remove them. Follow your orthodontist's instructions.

### ▶ *Brushing and flossing*

Take elastics out when cleaning your teeth. Replace them when done. Put in new elastics as often as directed.

### ▶ *Activities and sports*

Keep elastics in, unless you need to wear a mouthguard for sports. After removing your mouthguard, put the elastics back in.



## Your Teeth Lined Up

Wear your elastics as often as instructed. Over time, they'll help your teeth line up evenly. Always carry plenty of spares in case the ones you're wearing break. Elastics will help you have a nice straight smile.



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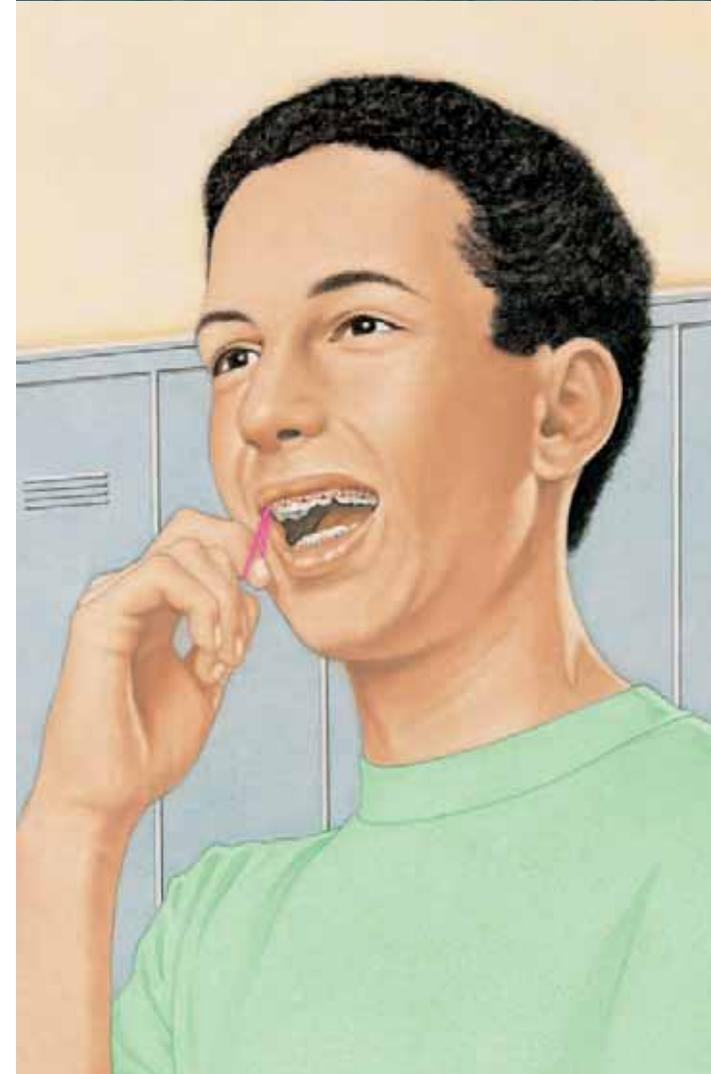
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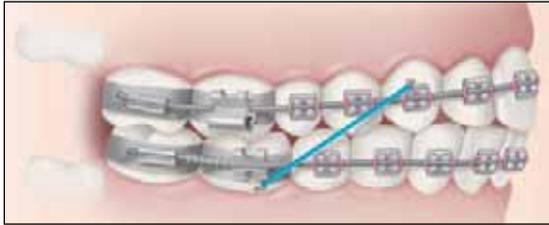
# E-L-A-S-T-I-C-S



## Lining Up Your Lower and Upper Teeth

## What Are Elastics?

Elastics are tiny rubber bands that move your teeth in a way that braces alone cannot. They help improve how upper and lower teeth fit together (your bite). You hook elastics onto your braces. Once they're in, they work with your braces to line up your teeth.



Elastics help your upper and lower teeth line up. The result: an improved bite.

## What You Can Expect

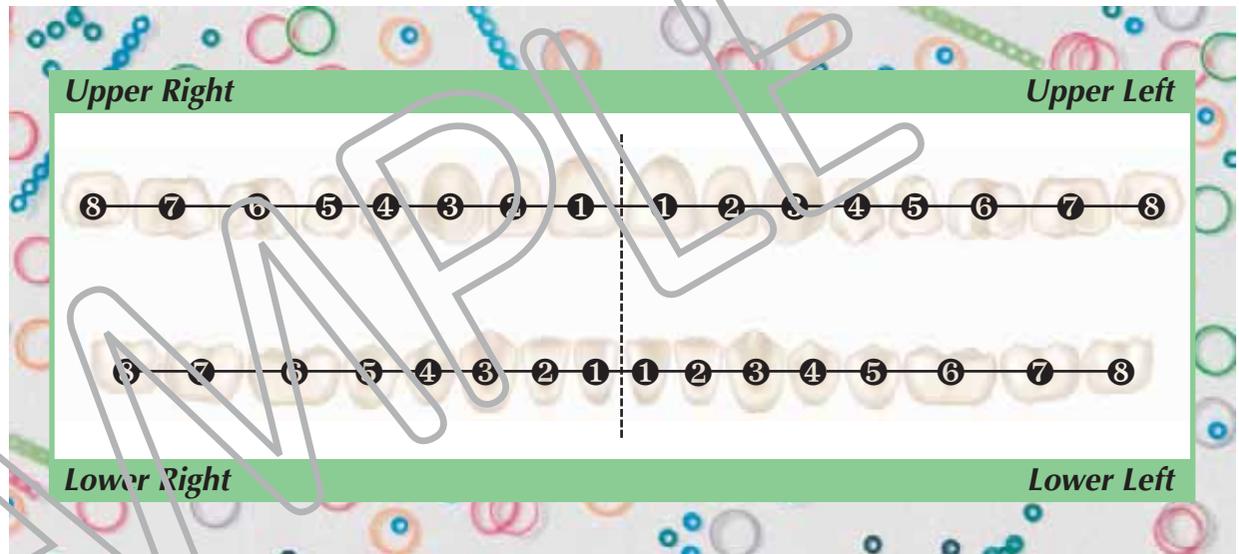
It may take a couple of days to get used to putting in your elastics. But after that, you'll probably be able to hook them up with your eyes closed. For the first week, your mouth may be a little sore or you may have a slight headache. Over-the-counter pain relievers may help you feel better.

Elastics can break. You might feel one snap in your mouth. Once in a while, you might even swallow one. This isn't a problem. Just remember to replace the broken elastic with a new one.

## Wearing Your Elastics

Your orthodontist can use the diagram below to explain where to hook your elastics. Count from your front teeth back. Place elastics on the numbered

teeth as shown. Also follow the other directions your orthodontist writes in below. Call right away if you run out of elastics.



<p>You should wear your elastics:</p> <ul style="list-style-type: none"><li><input type="checkbox"/> All the time</li><li><input type="checkbox"/> When sleeping</li><li><input type="checkbox"/> Other: _____</li></ul>	<p>You should replace your elastics:</p> <ul style="list-style-type: none"><li><input type="checkbox"/> After brushing</li><li><input type="checkbox"/> Each morning</li><li><input type="checkbox"/> At bedtime</li><li><input type="checkbox"/> Other: _____</li></ul>
<p>The size and weight of the elastics you wear are: _____</p>	
<p>If you run out, call: _____</p>	