

# ELASTICS

Elastics are small rubber bands used to align the teeth in the top jaw with those in the bottom jaw, often eliminating the need for extractions or headgear.

Remove the elastics only when you brush your teeth or eat, and reinsert them when you are finished. If you happen to forget to insert your elastics one day, do not double up the next day. As the elastics get older, they lose their stretch and do not function properly. It's very important to change them routinely, even if they are not broken.

## Will wearing elastics hurt?

There may be minor soreness initially from the elastics' pressure. Any discomfort can be relieved by taking acetaminophen or ibuprofen.

## What should I do if I lose my elastics or run out of them?

You can either stop by our office, and we will give you a new package, or you can call our office and we will mail them to you.

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THE BRACE PLACE  
ORTHODONTICS

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