



## MC ELHINNEY & BREHA — ORTHODONTICS —

*Kind, Gentle and Fast Braces*

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### INSTRUCTIONS FOR USING ELASTICS (Rubber Bands)

1. If you wear your elastics exactly as you are instructed, your teeth will move. If you do not wear them as instructed, it will slow your treatment progress and increase your overall treatment time.
2. Wear them like you have been shown, night and day, except at mealtime. Keep them on your finger as you brush your teeth to remind you to replace them as soon as you finish brushing your teeth.
3. Change to a new elastic at least every 8 hours or after each meal.
4. If you lose or break an elastic during the day, replace it immediately. Carry some extra elastics with you at all times.
5. If a hook breaks or bends where the elastic will not connect, call our office so we can repair the issue ASAP.
6. If you run out or lose elastics, call our office to get more. We can mail them to you if necessary.

To get the desired results, follow this chart to use your elastics as instructed:

