

Elastics/Rubber Bands

The elastics/rubber bands given to you are meant to move the teeth in a controlled manner in between orthodontic visits. They are to be worn in the manner instructed by the orthodontist so that your treatment can finish on time. If you forget to wear the rubber bands for a day, wearing twice the number of rubber bands as recommended the next day to compensate for not wearing them the previous day will NOT help. **TAKING HALF A DAY OFF FROM WEARING ELASTICS RESULTS IN LOSING A WEEK'S WORTH OF ELASTIC WEAR.**

Unless otherwise instructed, the rubber bands should be worn 24 hours a day, 7 days a week and should be changed every 4 to 6 hours OR in between meals, whichever comes first. They should be changed on this schedule as the rubber bands will decrease in effectiveness of achieving efficient tooth movement as they are worn in the mouth. If one pair of rubber bands has been worn for 24 hours, and were never changed out, the teeth only felt pressure for the first 4-6 hours and no tooth movement occurred. The teeth need to feel pressure 24 hours a day, 7 days a week in order for it to move through the jaw bones. The only times that the rubber bands should not be worn are when you are brushing your teeth and when eating.

You will feel some discomfort and sensitivity of the teeth that the rubber bands are attached to for the first 3 days. The discomfort and sensitivity will gradually decrease after the third day if you are wearing the elastics properly. The discomfort and sensitivity is a sign that the teeth are moving successfully through the jaw bones.

The orthodontist expects a certain amount of tooth movement with the rubber bands each time they are given, and if proper elastic wear is not followed, your treatment will be increased for each month that the rubber bands are not worn properly. For example, for a 24 month treatment, if rubber bands are not worn properly for 5 months, the treatment time will be extended to 29 months.

If you lose the bag of rubber bands, please come back to the office to ask for more. They are given at no charge. However, if the rubber bands are constantly being lost, there will be a fee for replacement rubber bands.