

PETTY & DRAGSTREM

ORTHODONTICS

elastics

Why do I have to wear elastics?

Almost every orthodontic patient will need to wear elastics at some point in treatment. The direction of wear and the amount needed depends on your bite. Elastics help fit the upper and lower teeth together. Braces will align the teeth next to each other but elastics improve the bite. In overbites they help pull the upper teeth back and bottom teeth forward. In underbites they pull the upper teeth forward and the bottom teeth back. In openbites, they pull the top and bottom teeth together to eliminate gaps.

How long do I have to wear them?

Wear your elastics 24 hours a day just removing them to eat and brush your teeth. We will check your progress at each appointment but if you wear them as you should 4-6 months of elastics should be sufficient. If you are not wearing the elastics as you should, it could extend your time in braces.

What if I don't wear them?

Your bite may not be fully corrected and your teeth may not meet as evenly as they should. Treatment can take longer than it should as well. It is in your best interest to wear the elastics as we instruct you!

Tips for success

- take a photo after we show you how to wear them. Then you can always look back if you forget which teeth the elastics connect to.
- You can take them out to eat HOWEVER if you find you are forgetting to put them back in after eating, simply eat with them in (just watch how wide you open!)
- Keep a bag at home and another bag in your bag or at school/work
- Put sticky notes on all your books
- Have your facebook friends send you daily notifications
- Sew bags of elastics to the sleeves of all your shirts
- Ties some floss around your tooth and let it hang out

...OK so perhaps not all of those tips are necessary but MOST IMPORTANTLY remind yourself how great your smile will look after treatment!

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