



DR CATHERINE PORTER
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ORTHODONTIST



Elastics

To achieve our goal of correct alignment and bite, elastics must be worn continuously for them to work. They should be worn all day, and all night. Most people even learn to eat with their elastics in place.

You will be shown where the elastics are to be worn, and it is essential that they are worn exactly on the teeth indicated. Each morning put on new fresh elastics and replace them immediately during the day if they come off or break.

Always make sure that you have plenty of elastics with you, and if you are running short, please contact the office and we will post more out to you.

When attending your regular appointments, please leave your elastics in place.

DID YOU KNOW...

Elastics exert the right amount of pressure to move teeth in directions that braces alone can't.

A lack of consistency in wearing rubber bands can bring treatment to a halt.

Elastics are supplied in a variety of sizes and colours that can be used to match the chosen colour combinations currently worn on your braces.



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