

## Your Rubber Bands

The purpose of rubber bands (or elastics) is to move the upper and lower teeth so that they fit together better.

To work correctly, rubber bands must be worn full time – that is, all day and all night. Since wearing your rubber bands consistently is solely your responsibility, your cooperation will determine how much longer you will wear braces. Hard work equals good results!

### Instructions:

1. Place rubber band as directed, using the plastic puller or fingers.
2. Wear them constantly. Only remove them to brush or to eat things that are impossible to eat with them in place. Replace them immediately after brushing or eating.
3. Teeth will not move unless there is constant pressure. Wearing them less than fulltime means almost no movement.
4. Rubber bands will make the teeth sore just like an arch wire change. Don't be tempted to take them out. This will only prolong the soreness which normally would last only a few days. Take a pain reliever such as ibuprofen, as is necessary for pain.
5. Change your rubber bands at least one time per day.
6. Keep one package at home and another with you at work or school. If you start to run out, please come by the office.