



## Rubber Band Wear

- You have been instructed to wear **ELASTICS (rubber bands)** to help correct your dentition (teeth) in the proper direction.
- In order to work it takes **10 hours of constant pressure** from elastics to get your teeth ready to move

### **THEREFORE!!!!**

- **Rubber bands are to be worn 24-hours per day**, except when brushing your teeth, unless stated otherwise by the orthodontist. Failure to wear your rubber bands, as instructed, will result in treatment running longer than expected. It may also affect the finished orthodontic treatment result.
- **Change your rubber bands three times a day** with new rubber bands. They lose their stretch.
- If you break or lose a rubber band, **replace immediately**. Always carry a spare pack of rubber bands in your pocket.
- Remember to replace your supply of rubber bands as needed at your appointment.

If you are running low or lose your rubber bands, please **contact the office** at 716 689-0313 and we will mail them to you. State the name of the animal on the packet to determine the size. All rubber bands have names of animals on the envelopes.

**THE END RESULT, IN ORTHODONTIC TREATMENT, IS ONLY AS GOOD AS THE PATIENT THAT  
FOLLOWS INSTRUCTIONS!**

Before rubber bands



After rubber bands

