

## Intraoral Elastics (Rubber Bands) Patient Instructions

1. **Rubber bands are to be worn 24-hours per day**, except when brushing your teeth and eating, 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.
2. **Change your rubber bands** with new rubber bands **after eating or brushing**. They lose their stretch.
3. If you break or lose a rubber band, **replace immediately**. Always carry a spare pack of rubber bands in your pocket.
4. Remember to replace your supply of rubber bands at every appointment.
5. You may experience some jaw and teeth discomfort. Advil or Tylenol will alleviate these symptoms. **DO NOT STOP WEARING YOUR ELASTICS**. The discomfort will subside in a few days once your jaws and teeth get used to the pressure. Similar to when your braces were first placed.

If you are running low or lose your rubber bands, please **contact the office** and we will have them ready for you to pick up or we can mail them to you. State the name of the rubber bands on the packet to determine the size. All rubber bands have names on the package.