

**ADVICE SHEET**

# **ELASTIC WEAR**

**WEAR SIDE  
ORTHODONTIC  
CENTRE**



## Elastic wear

If you have been advised that you may need to wear some elastic bands with your brace this is to help bring your upper and lower teeth into an ideal relationship. It is important that you wear the elastics as instructed, so that your treatment can be completed as quickly and as successfully as possible.

- The elastics should be worn as close to full-time as possible. They should be worn throughout the day and in bed at night.
- However, your elastics must be removed from your mouth when you are cleaning your teeth, playing contact sports and for swimming.
- Try and eat with your bands in position. If you are able to do this the bands work very efficiently and quickly. If, however you find this too difficult take them out for meals but ensure they are repositioned as soon after your meal as possible.
- At the start of each day please change your bands for new ones. The bands worn throughout the previous day and night should be discarded.
- You may find that the elastics break from time to time during the day. It is therefore advisable that you carry your packet of elastics around with you so that you can replace a broken elastic immediately. This again will help to maintain good treatment progress.
- If you use up all your elastics or lose them, please let us know as soon as possible. We will either post a packet onto you or you can call into the practice to collect some.
- If you are having difficulties wearing your elastics then please do not hesitate to telephone the practice for advice

## Examples of elastic wear

Class II elastics



Class III elastics



Triangle elastic

