



*Yenne & Schofield, P.C.*  
SPECIALISTS IN ORTHODONTICS

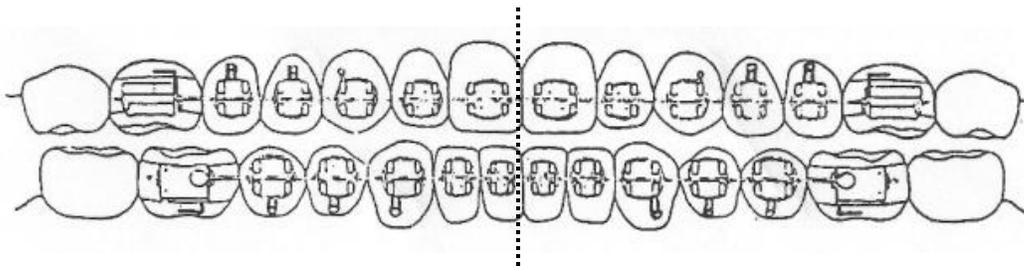
## ORTHODONTIC APPLIANCE FACT SHEET

### Elastic Wear Instructions

Today we have started the next phase of your orthodontic treatment, elastic wear. Elastics are tiny rubber bands that move your teeth in a way that braces alone cannot. They help improve how your upper and lower teeth fit together. This part of your orthodontic treatment is entirely up to you and we need your full cooperation. Here are some instructions you must follow to make your transition into wearing elastics go smoothly.

- 1. Wear your elastics 24 hours a day to include while you sleep.**
- 2. Change your elastics 2-3 times a day, removing them to brush & floss and replacing when done. Typically, before you go to bed and in the morning.**
- 3. You can remove your elastics when you eat but remember to replace them with new ones.**

As you begin wearing elastics, we expect it may take you a few days to get used to putting in your elastics. For the first week your mouth may be a little sore or you might have a slight headache. Ibuprofen or Tylenol may be helpful with discomfort. Elastics can break and you might feel one snap in your mouth. If this occurs be sure to have a bag of elastics with you so you can replace immediately. Occasionally you may even swallow one, this is not a problem, just remember to replace the broken elastic with a new one. The success of your orthodontic treatment is dependent upon **your** cooperation in following these instructions. Wear your elastics as often as instructed. Elastics will help you obtain your goal of a healthy and beautiful smile.



### Emergencies

Please call us during normal office hours if you have any questions or are unsure about the elastic placement, please do not hesitate to contact our office at 503-362-0500.