



# ELASTICS

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## PURPOSE OF ELASTICS:

Elastics (“rubber bands”) move teeth so that your bite fits together correctly:

- This type of movement can not be achieved without full time rubber band compliance.
- Elastics should be changed 3 times a day and worn 22 hours each day unless otherwise instructed.
- **Inconsistent elastic wear will cause relapse, prolonged discomfort, and extended treatment time.**

## ADJUSTMENT EXPECTATIONS:

Adjustment to Elastics may take 7 to 10 days.

- The teeth will become tender during early wear.

## DISCOMFORT:

You will experience some discomfort of the teeth and cheeks.

- Take Ibuprofen or non-aspirin pain medication as you would for a headache.
- Oral rinsing with warm salt water will help the adjustment.

## HOME CARE:

- Brush 3-4 times each day using a soft toothbrush in a circular motion.
- Remove the elastics to brush, then be sure to replace them.
- Be careful to brush under elastic hooks, this area can trap foods.
- Use your fluoride nightly as directed.

## SPECIAL ISSUES:

Should one of your hooks break please call our office so that we may schedule to replace it.

- If a hook breaks you may be able to hook your elastic onto the bracket itself, until you are able to get into our office. Call our office to have hooks replaced.
- **The direction that you wear your elastics may change during the course of treatment. Be sure that you can “hook them up” correctly before you leave the office.**
- Call our office if you need additional elastics.

GOOD LUCK ON YOUR ROAD TO A NEW SMILE!!