



### **Instructions for Wearing Elastics**



- The doctor or assistant will instruct you on how to wear your elastics. If you are unsure of how to wear them make sure you ask questions and fully understand before you leave.
- You should apply a new one(s) in the morning and before you go to bed. Take your elastics(s) out to eat and place new ones when finished.
- If you are wearing two and one breaks or flies out of your mouth put in two new ones.
- If a bracket that one of your elastics is hooked onto breaks, stop wearing all elastics.
- Please contact our office at to fix that bracket so that you can start wearing them again and not delay your treatment.
- As a reminder, you must wear your elastics at all times. If you wear them one day and not the next or one week and not the next it is like not wearing them at all. It needs to be a constant force to work.
- Please call us if you have any questions on your elastics.

**610-650-7775**