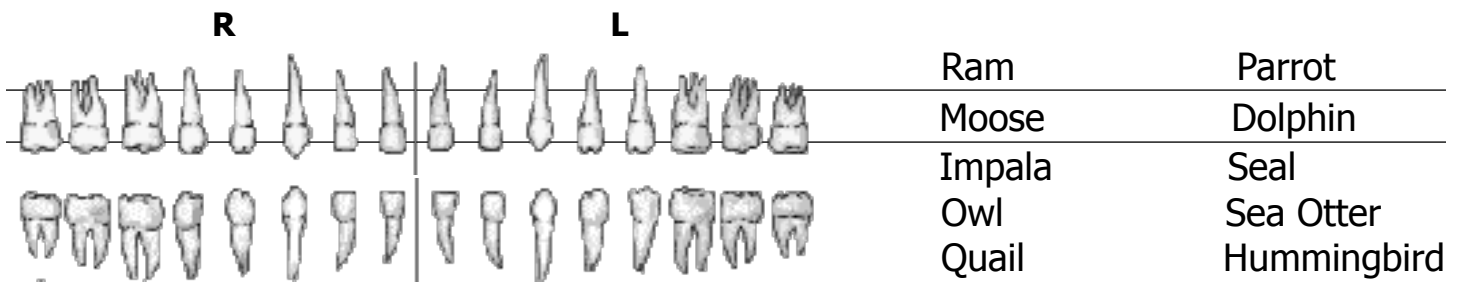


ELASTICS



During various phases of treatment, small elastics are used as a gentle but continuous force to help individual tooth movement or the aligning of one arch to the other.

TEETH HAVE NEVER FAILED TO MOVE WHEN ELASTICS ARE WORN CONSISTENTLY AS DIRECTED

But - when they are worn one day and left off the next, your treatment slows to a standstill or stops.

Why? - because the tooth "jiggles" back and forth and actually sets up a resistance that virtually prevents normal movement.

How they work - Elastics work by continuous light forces. Therefore they need to be worn greater than 18 hours a day to work. That is 126 hours a week or more. The greater amount of wear the faster the teeth will move.

Discomfort – It is normal for the pressure of the elastics to cause tooth soreness. Usually, after about two days, any discomfort from the elastics disappears. But if you leave them off "to let my teeth feel better" **you have done exactly the wrong thing! Stay with them.**

Follow instructions **EXACTLY** and you will get better, faster, more comfortable results.