

Remember, you still need to see your local dentist every six months for regular dental care whilst undergoing orthodontic treatment. We need to work together as a team and it is your responsibility to keep your teeth clean to ensure you have a perfect smile when your braces come off!

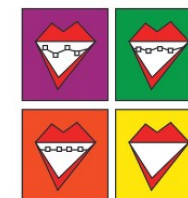
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**ELASTICS: A STEP CLOSER
TO YOUR PERFECT SMILE**

FOOTSCRAY ORTHODONTICS

What are elastics?

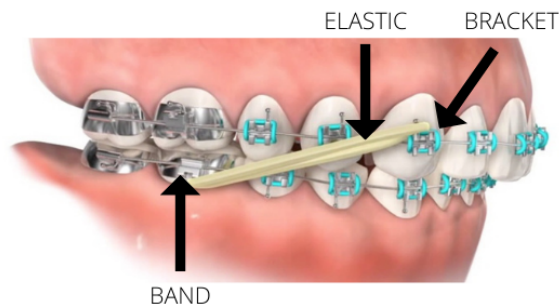
Elastics are an important part of orthodontic treatment. They are small rubber bands that provide the forces needed to move teeth and jaws into their correct position. To achieve the desired results, you must carefully follow the instructions you receive regarding their placement and use.

Elastics may cause your teeth to hurt at first but that is due to your teeth moving, which is our goal. Usually the tenderness will only last a few days.

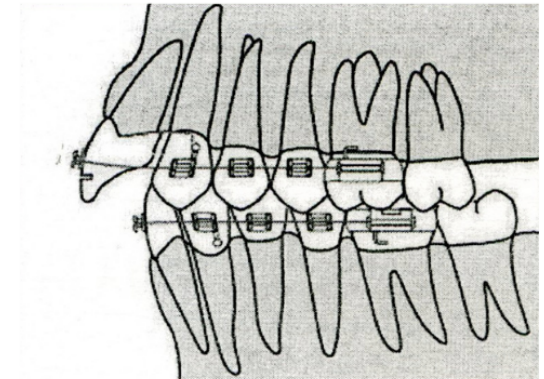


Key reminders

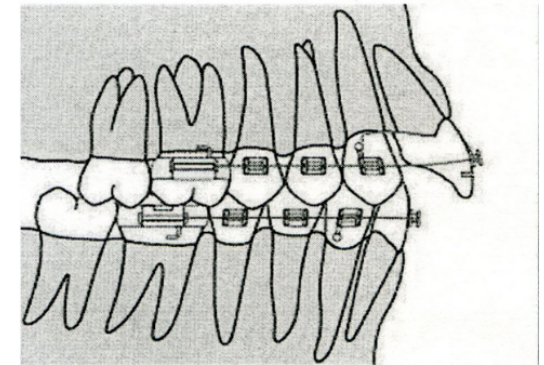
- Remove elastics only when brushing and then immediately put them back on.
- Always carry a few elastics with you so that if one breaks, you can replace it straight away.
- Elastics lose their stretch so be sure to change them at least once a day.
- Not wearing elastics will prolong your treatment.



Where to place your elastics



LEFT



RIGHT

You are responsible for placing the elastics on your braces. Be sure to wear them as instructed. If you run out of elastics, let us know and we will supply you with a fresh packet.