

# Rubber Band Instructions



Today, we started to use elastics or “rubber bands.” These are the power source for the movement of your teeth. By applying gentle, constant force, rubber bands pull the top teeth into alignment with the bottom teeth. While braces and brackets and wires do the work necessary to straighten teeth, it is the elastics that help to bring the bite into alignment. For elastics to be successful, though, patient cooperation is of utmost importance!

**Timing:** Elastics should be worn **24 hours a day. Yes, TWENTY-FOUR hours!** They should be worn while you are playing, studying, watching television, and sleeping. They should only be removed for eating or brushing. Unless Dr. LeBlanc has given you special instructions, rubber bands should be changed twice a day – in the morning and at night.

**Breakage:** Don’t worry about breaking or swallowing a rubber band. It will not harm you. Just replace it as soon as possible. It is a good idea to always keep an extra package of rubber bands handy. This way if a rubber band breaks or is lost, it can be replaced immediately with a new one.

**Changes in Usage:** Occasionally, rubber bands may be stopped temporarily or double elastics may be recommended. Listen to Dr. LeBlanc’s instructions and follow them exactly as directed. If you do not understand the instructions or if you forget them or get confused, please feel free to ask questions or give the office a call. Achieving a successful orthodontic result requires the patient and the orthodontist to communicate with each other and work together.

**Replacement:** Look at the color code on your package of elastics. It represents a specific size and strength. When you run low on elastics, or if you lose them, call the office immediately and mention the color code. We will happily mail you an additional supply.

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