# Elastics Guide

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# Best Practices with Elastics

Wearing your elastics (AKA rubber bands) correctly is the key to finishing treatment on time with the best smile possible! A few simple habits will keep your bite moving in the right direction and keep the process comfortable.

## BEST PRACTICES WITH ELASTICS

- **Wear elastics 24/7** unless your doctor gives other instructions, even while sleeping, snacking, or playing.
- **Replace them 3–4 times a day** (after meals and at bedtime). Always replace both sides, even if only one breaks.
- **Never double up.** Wearing extra elastics won't speed up treatment and can actually slow progress.
- **Stay consistent.** Taking breaks or skipping days keeps your teeth sore longer and slows treatment.
- **Use a mirror** to check that you're hooking elastics in the right spots until you feel confident.

# Elastics FAQs

## Why do I have to wear elastics?

Elastics move your teeth in ways braces alone cannot. They help improve your bite and the final look of your smile.

## What do elastics feel like?

It's normal for teeth and jaws to be sore for a few days. Keep wearing them full-time – warm salt water rinses can help. If soreness lasts more than a week, call us.

## What happens if I don't wear elastics as directed?

Treatment slows down, your teeth may resist movement, and you'll stay sore longer. Wearing them consistently keeps progress steady and discomfort low.

## Why do I need to change elastics so often?

They lose strength quickly. Fresh elastics = effective movement. Swap them 3–4 times daily.

# Elastics FAQs

## When can I take my elastics out?

Only remove them to brush, floss, or during meals if necessary. Pop in a fresh set right after. For sports, you can take them out if you're wearing a mouthguard. The more hours you wear them, the faster and smoother your treatment will go!

## What if I run out?

No worries! Just call or stop by. We'll always have more elastics ready for you.

## What if I'm not sure what to do?

If you're ever unsure, don't guess! Give us a call, email, or stop by. Placing elastics in the wrong spot can actually move your teeth the wrong way. We'll be happy to double-check and make sure you're wearing them correctly.

## NEED MORE HELP?

We're just a call or text away at (864) 801-3500.

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