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## Elastics (Rubber Bands)

- **What are elastics?**
  - Elastics are special rubber bands that supply the pressure needed to move teeth and jaws into their correct position. Elastics are attached using hooks that are part of the bracket or the bands.
- **Are they important?**
  - Elastics must be worn to move your teeth and jaw into proper position. It is important to wear your elastics 24 hours a day, 7 days a week unless instructed otherwise.
- **May I take them off?**
  - If you wear elastics for several hours, then take them off for a while, put them back on, etc. you will experience back and forth movement and your teeth can set up a resistance that may slow or stop your progress. Wearing elastics is similar to rolling a ball up a hill, if you stop halfway, the ball rolls right back to where you started. Only by constantly wearing your elastics as instructed will you reach your treatment goal. Remove them only to brush your teeth or to eat a full meal. They should be in place when you eat a snack, go to school, and sleep.
- **How will it feel?**
  - They should only bother you for 2-3 days and no more if you wear them continuously. After that you will find that they will not hurt if you wear them as directed.