iSmile | ORTHODONTISTS

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ELASTICS: WHAT YOU NEED TO KNOW

Why am I wearing elastics?

You are wearing elastics to help your teeth to bite together properly. With a better bite, your teeth will be in a more stable position after the braces are removed which means they'll be less likely to shift or relapse. Elastics also assist in closing spaces when required. From time to time the size of the elastics and where they attach to the braces will be changed based on your treatment progress and needs.

How often do I wear my elastics?

At your appointment you were told to wear your elastics full-time, part-time, or night-time.

Full-time wear means you wear your elastics all the time except when eating, brushing your teeth or playing sports that require you to wear a mouthguard.

Part-time wear means you wear your elastics 12 hours per day. In this situation, most patients choose to wear their elastics between 7pm and 7am.

Night-time wear means you wear your elastics only while sleeping – approximately 8 hours per day.
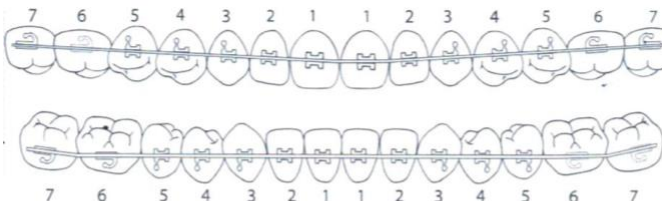
Do elastics hurt?

Your teeth will be sore for the first 2-3 days when you start wearing elastics. It is important to keep wearing your elastics consistently as directed. If you wear your elastics inconsistently, your teeth will be sore all the time and the teeth will not move as needed.

What happens if I do not wear my elastics?

Your cooperation is important during orthodontic treatment. If you do not wear your elastics as directed, your treatment could be extended by months or even years. Poor cooperation with elastic wear can lead to a less than ideal result. Also, inconsistent elastic wear can cause the teeth to jiggle back and forth and damage the roots of the teeth.

I ran out of elastics or I lost my elastics. What should I do?

Visit our office and pick up a new package or two whenever you require them. Please carry the elastics with you so that if one breaks, you can replace it immediately. Also, since elastics lose their stretch, be sure to place new ones every day!

Your Right   *Your Left*

Date: _____

☐ Wear elastics at all times except when eating or cleaning your teeth.

☐ Wear elastics _____ hours per day.

Type of elastics you are wearing _____