



ENGINEERING SPECTACULAR SMILES WITH SUPERIOR SERVICE FOR AMAZING PATIENTS®

RUBBER BAND INFORMATION

We are beginning a very important step in properly fitting the back teeth together. Elastics allow specific force applications between upper and lower teeth. A team approach is the only way to achieve the best orthodontic result possible...so your help is critical.

Please follow these guidelines:

- **If wearing your elastics around the clock/24 hours a day, you must change to fresh ones 3x per day.** Wearing the same rubber band all day or the same one every night will produce no results.
- Remove only when eating your 3 square meals a day (said otherwise don't snack for 4 hours straight to minimize wearing them :). Remove when brushing teeth.
- Some discomfort during the first week of wear is normal.
- **If wearing your elastics just bedtime be sure it is a fresh set every night.**
- Avoid yawning or full mouth opening to minimize breakage of the elastics, attachment hooks, or displacing trays if using aligners.
- **You rubber band size will either be Mexico, Korea, Lions, or Whales. Please make note of which one we provided.**

If you run out or lose your elastics call our office for replacements based on the size 'animal' on your baggie. If you break or lose an attachment hook call the office immediately for repair.

For more information about this treatment and Papandreas Orthodontics please visit our website at www.DrPapandreas.com. You are on the way to a great smile!