

## Instructions for Elastic Rubber Bands

Now that you are using rubber bands, you are playing a very important role in your orthodontic treatment. The rubber bands should be worn 24 hours a day, 7 days a week (unless otherwise instructed by the doctor). Rubber bands are to be worn when sleeping, playing sports and some people opt to wear them while eating (the rubber bands should be removed when brushing your teeth). It is important to change them at least 2 times every day and place them in the exact fashion that the technician showed you. If you are running low on rubber bands, don't wait until they are completely gone. Please contact our office and we will mail them to you or you can come in and pick them up.

During the first several days wearing rubber bands, you may experience some soreness. This is to be expected and will subside quickly, as long as you are wearing the rubber bands as instructed. If you do not wear the rubber bands consistently, they will be of no value to you. This will prolong your treatment and make it less successful. With your help and cooperation, your orthodontic treatment can be a great success.