

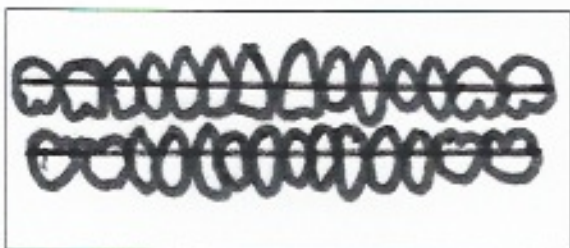




Important Information about elastics

-  You have been given elastics to wear and these will feel very strange for the first few days until you have got used to them. They are designed to move one group of teeth against other teeth, or "anchor" the tooth movements taking place in the one jaw. They are very important – without the elastics, the teeth could move in the **wrong direction!**
-  You will have been shown how to wear the elastics. Please refer to the diagram below if you are unsure where the elastics hook.



-  Please spend some time with a mirror studying how they go, and then practice taking one elastic on and off (leaving the one on the other side on as a guide) until you can do it without looking. Then practice on the other side.
-  It is important that the elastics are worn all the time, that is day and night and including for eating. This will take some time to achieve without them coming off, but it will come as long as you don't give up!



Each elastic should be changed whenever it breaks, or after two days if it is still there. Please make sure that you always have some with you for this purpose, for example keep a small supply in your purse or wallet.



So that the elastic wear can be continued at all times, it is important that you let us know if there is any reason why you are not able to wear them – for instance, part of the appliance breaks, or you run out/lose them, or even if you can't remember how to put them in!



Also, if you have any other problems with the braces, please contact us on:
Tel: 01246 550033/520354 or
Email: office@smilebydesign.biz.