



## It's about time to put the pressure on

Successful orthodontic treatment primarily depends on two things: constant pressure and time. Sometimes it takes added force to move teeth and jaws into their correct positions. Elastics, also called rubber bands, have the pull to make that happen. But they won't work without you. To achieve the healthy, beautiful smile you're working for, you must carefully follow your orthodontist's instructions about placing and using your rubber bands.

At first, the elastics may cause your teeth to be tender. That's because your teeth are moving, which is the goal. Usually the tenderness lasts only a day or two. Not wearing your rubber bands as instructed will only make the tenderness last longer, and make the tooth movement take more time.

The American Association of Orthodontists thanks you for placing your confidence in your orthodontic specialist. If you have any questions or concerns throughout your treatment or in the future, please consult your orthodontic specialist or visit [mylifemysmile.org](http://mylifemysmile.org).

Orthodontic specialists receive an additional two to three years of specialized education beyond dental school to learn the proper way to align and straighten teeth. Only those who successfully complete this formal education may call themselves "orthodontic specialists," and only orthodontic specialists can be members of the American Association of Orthodontists.



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# Elastics

They're pulling for you



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# Do Your Part

## What is my role in treatment?

Orthodontic treatment is a partnership of the doctor and patient. The orthodontist provides custom-made fixed or removable appliances that use gentle pressure to move teeth into their proper positions. For the patient, orthodontic treatment always requires following the orthodontist's instructions, keeping scheduled orthodontic appointments and maintaining excellent oral hygiene to achieve the best results. You will also need to see your general dentist as recommended to continue your general dental care.



## Follow your orthodontist's instructions for best results with your treatment



### To get the best results from your rubber bands, remember:

1. You are responsible for placing the elastics on your braces every day. Be sure to wear them as instructed.
2. Always carry a few rubber bands with you, so if one breaks you can replace it right away. If your supply is low, call your orthodontist to get more.
3. If you happen to forget to wear your elastics one day, don't double up the next—just follow your regular instructions.
4. Rubber bands get tired. When they lose their stretch, they don't provide the proper pressure on your teeth and jaws. So it's very important to change them as directed, even when they're not broken.

If you have any problems—like elastics breaking frequently, a loose wire or band, or a hook that's broken—call your orthodontist's office. Don't wait until your next scheduled appointment. These problems should be corrected as soon as possible.

**Remember, faithfully wearing your rubber bands, following all instructions and keeping appointments is the quickest, easiest way to achieve your goal of a healthy, beautiful smile.**

To get the desired results, follow this chart to use your elastics as instructed:

