

# Welcome to the Wonderful World of Elastics

---

You have now reached that next stage in your orthodontic treatment. Elastics provide the force which help to move your teeth into position. Obviously the more you wear your elastics the more tooth movement will occur. You should be wearing your elastics all the time. By all the time, we mean all the time, that is when you are eating, sleeping, drinking, all the time.

When you first start wearing your elastics, your teeth may be a little tender for a few days. If you keep wearing your elastics this will pass. The worst thing that you can do is stop and start wearing your elastics. Your teeth won't know what is going on and will always be sore. You should be putting on new elastics every third day or whenever they break. Certain forms of elastic wear will break more than others, but generally elastics should not break regularly. The only time you should have your elastics off is when you are brushing your teeth. Remember that if you want your orthodontic treatment to progress, wear your elastics. It is so obviously simple - the more you wear your elastics, the more tooth movement will occur.

**KIM MEZGER**  
**ORTHODONTIST**

**Bunbury**      **9721 5727**  
**Mandurah**   **9581 2610**  
**Busselton**   **9754 2063**

