



Jeffrey A. Housley, D.D.S., M.S.

Brent S. Dobson, D.D.S., M.S.

*SPECIALISTS IN ORTHODONTICS
Members of American Association of Orthodontists
www.OwassoOrthodontics.com*

INSTRUCTIONS FOR USING ELASTICS (RUBBER BANDS)

1. If you wear your elastics as you have been instructed your teeth will move and your bite will improve.
2. Wear them day and night. Take them out only to eat and brush your teeth.
3. Change to new elastics three to four times a day or after each meal.
4. If you lose or break elastic during the day, replace it as soon as possible. Carry some extras with you.
5. If a hook breaks or bends so the elastic will not stay on, please call or come by the office so that we may fix the hook and you will not miss any time without the elastics.
6. If you wear your elastics one day and then miss the next day your teeth do not know what is happening and they will not move properly.
7. If you run out or lose your elastics call our office. We will be happy to mail you more or you may stop by the office and pick some up.
8. Your teeth will be sore for the first 2 or 3 days, but if you wear your elastics continually the soreness will end.
9. Thank you for your cooperation!

If you have any questions that need to be answered please feel free to call our office at 272-4242 or you may email Dr. Housley at drhousley@owassoorthodontics.com or Dr. Dobson at drdobson@owassoorthodontics.com

THANK YOU,

DR. HOUSLEY, DR. DOBSON, AND STAFF