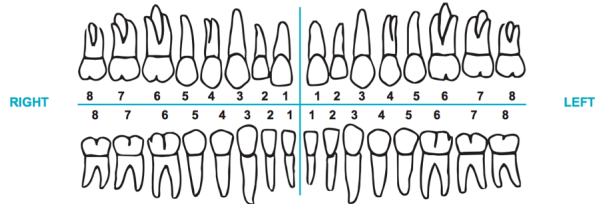




Rubber Band Instructions



Elastic Sizes

Switz	Japan	USA	Thailand	Korea
3/16	1/14	1/4	3/16	1/4
4 oz	4 oz	2.7 oz	6 oz	6 oz

Rubber band are worn during the working phase of orthodontic treatment. They are in place to correct and align your bite. This is typically the longest and most difficult part of treatment. In order to assure that this process is completed on time it is important that you follow the rubber band instructions very carefully. Failure to follow these instructions will delay the end of treatment.

Getting started:

- Before you leave your first rubber band appointment make absolute sure that you know where to hook your rubber bands. If bands are placed on the wrong teeth it will extend the length of treatment.
- It is normal to feel discomfort in your jaw and teeth for the first week. It is important to keep your bands on in order to get through this time.

When can you remove your bands:

- Brushing and flossing your teeth
- Replacing the bands.
- If you wear a mouth guard for sports, you may remove the bands. Please attach your bands as soon as your mouth guard is no longer in use.
- When otherwise instructed.

Wear your bands at ALL times, including:

- Playing
- Sleeping
- Eating
 - Wearing rubber bands while eating increases the rubber bands' effectiveness.
 - Though it is not recommended, you may, on a rare occasion, take your bands out for large meals if they really bother you.
 - Replace the rubber bands after every meal.

When to replace your rubber bands:

- Your bands lose elasticity. Please change them 3-4 times a day.
- Replace your bands after every meal
- Change your bands after you wake up in the morning
- If you run out of bands, or misplace them, please contact the office asap and we will provide you replacements.
- NEVER DOUBLE UP on rubber bands.

We want your treatment to be successful and on time. Please follow these instructions carefully. If you have any questions please contact our office.