

# **Rubber Bands**

Rubber bands are a very important part of treatment. They help to adjust the bite and allow the top and bottom teeth to meet properly when you close your teeth together. Patients who do not wear the rubber bands as instructed will increase the length of their treatment by several months. Also, without the rubber bands, we may not be able to get you the best bite.

## **Wearing Instructions:**

Rubber bands are to be worn 24 hours each day (unless instructed otherwise) and only taken out when you are brushing your teeth or if you need to place in a sports mouth guard.

You must wear the rubber bands while you eat because this is when you get the most pull from them.

Since the rubber bands stretch out and lose their strength over a period of time, please change them at least 3 times each day. Perhaps change them each time you brush or before you sit down to eat.

**NEVER BE WITHOUT YOUR RUBBER BANDS** – carry a package with you at all times.

After you first start wearing rubber bands, your teeth may be sore for the first 2 to 3 days. The soreness will then go away if you continue wearing them full time. If you only wear the rubber bands part-time, soreness will not go away and your teeth will not move.

Always make sure you understand how and where to hook the rubber bands before you leave the office.

The rubber bands come in different sizes. Make a note of the large number and color of the package. If you should ever run low on rubber bands, give the office a call and we will mail some to you; or you can stop by and pick some up. We never want you to run out of them completely.

REMEMBER, THE RUBBER BANDS ARE THE KEY TO FINISHING YOUR TREATMENT IN THE SHORTEST LENGTH OF TIME POSSIBLE. If you take them out for meals or even an hour or two every day, it will take twice as long to get the job done.

**If there is any reason you cannot wear the rubber bands, call the office immediately. Do not wait until your next appointment.**

**GOOD LUCK!!!!!!!!!!!!!!!**