



**MENAI
ORTHODONTICS**

BEAUTIFUL CONFIDENT SMILES

Elastics Information Sheet

What are elastics

Elastics are rubber bands that are stretched between the lower and upper braces to move teeth. Elastics can be worn in many different ways. The desired tooth movement will dictate the way your elastics are to be worn.

The following images are examples of the most common ways to wear elastics.



Left - full time only

Right - full time

Left - night time only

Right - night

		
Class II Elastics	Class III Elastics	Triangle Elastics
Elastics worn this way are correcting the bite by retracting the upper teeth	Elastics worn this way are correcting the bite by retracting the lower teeth	Elastics worn in the shape of a triangle are used to close the bite ensuring a "good fit" of the upper and lower teeth

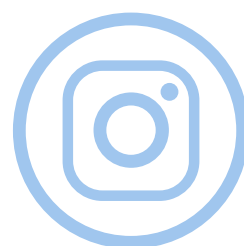
How often do I need to wear elastics?

Elastics are an important part of braces treatment and must be worn 24 hours per day. The only times they should be removed are for brushing teeth, unless advised otherwise by your orthodontist. Not wearing elastics as instructed will lead to longer treatment times. It may even affect the finished orthodontic treatment result.

Elastics have a short life span because they lose elasticity quickly. We recommend changing elastics a minimum of five to six times daily, keeping a spare pack of elastics with you, and changing elastics at meals and when brushing teeth. If you break or lose an elastic, replace it immediately and remember to replace your supply of elastics at every appointment.

In orthodontic treatment, the end result is only as good as the patient who follows instructions. Make sure you wear your elastics as directed by your orthodontist!

For more information regarding elastics please refer to the Resources section of our website at <https://www.menaiortho.com.au/>, call us on (02) 9543 3680, or speak to us at your next appointment.



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