

## ELASTICS INSTRUCTIONS

### What are Elastics?

- Elastics are a crucial part of orthodontic treatment that work hand in hand with the braces. They help to improve the fit of your bite which is usually the longest and most difficult part of the whole process. **Your full cooperation and commitment with the elastics is required and will lead to the best possible orthodontic result in the shortest amount of time.** Elastics are vital to successful treatment, so always follow the instructions and regiment that is given to you.

### What to Expect:

- Most people adjust quite well after the first week. Remember, things do get better if you give yourself time to get used to it
- There may be some initial soreness which should subside within a few days. However, this condition will only improve if you wear the elastics consistently.
- The bite will change. This can be concerning at the beginning as it will take time to adjust to this change.

### Instructions:

- Always wear elastics to doctor recommendations
- Keep on 22 hours a day and only remove when eating or brushing.
- If you can eat with the elastics on, do so!
- Change elastics after brushing your teeth

### Emergency:

- For all orthodontic emergencies, we encourage you to use our "Online Check-in" system. This can be located on our website - <https://www.auraortho.com/online-check-in/>

### Tooth Chart:

