

## How to wear your elastics (rubber bands)

1. Dr. Bomeli recommends using orthodontic elastics (commonly referred to as rubber bands) to help move your teeth and idealize your bite.
2. It is very important you wear your rubber bands as directed by Dr. Bomeli and his team because if not, your teeth will not move the way they are supposed to (or not at all), and it will be very difficult to get your bite idealized. The closer our directions are followed, the more efficiently your teeth will move.
3. Your rubber bands should be worn approximately 20 hours each day, so that means you have to wear them when you're sleeping too!
4. You DO NOT have to wear your rubber bands while eating or brushing your teeth. Other than those times, they should be in your mouth.
5. We give you lots of rubber bands for good reason. Please change your rubber bands 3 or 4 times per day. If your rubber bands are not changed that often, they will get weak and will not be strong enough to move your teeth. A good schedule that seems to work for most patients is as follows: change your rubber bands after breakfast, lunch, and dinner, and perhaps at bedtime, since you can take your rubber bands out to eat anyway. Just put in new ones after you are done eating.
6. Your teeth may become a little sore after you've been wearing your elastics for a few days. This feeling is normal and it means your teeth are starting to move. That's a good thing! If you would like, take over-the-counter pain medication such as Tylenol or Ibuprofen **as directed on the bottle.**
7. If you ever have any questions about how to wear your orthodontic elastics, or if you are running out of them, please call our office so that we can help you as quickly as possible.

Thank you in advance for wearing your rubber bands!

Dr. Bomeli and The Solon Orthodontics Team

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