

# Elastic/Rubber Band Wear

It is extremely important to wear your elastics/rubber bands as prescribed. The correct placement and size of the elastics is pertinent to success.

## P.M. Wear Only:

- If elastics/rubber bands are prescribed for P.M. wear only, they should be placed after your final brushing of the evening and left in overnight. They can be removed before your morning brushing.
- You will experience soreness that may come and go through out the whole time you are wearing the elastics/rubber bands.
- Your elastics/rubber band wear may be stopped and restarted by Dr. Jiorle through out the time you have your braces on. Each patient is different.

## Full Time Wear:

- If elastics/rubber bands are prescribed for full time wear they are worn 24/7.
- They should be changed twice to three times daily and should be removed for brushing. Changing your elastics/rubber bands more frequently is fine, but do not change them less then twice to three times daily.
- If one elastic/rubber band breaks or comes out change both elastics for consistent strength of both elastics.
- Remove elastics/rubber bands while wearing a mouth guard for sports.
- You will experience soreness that may come and go through out the whole time you are wearing the elastics/rubber bands.
- Your elastics/rubber band wear may be stopped and restarted by Dr. Jiorle through out the time you have your braces on. Each patient is different.
- The better you wear your elastics/rubber bands the sooner they will do the job they need to do and you will no longer need them, and you are one step closer to having your braces removed.

If you have any questions or concerns, please feel free to call the office (908) 859-4555