



## GORTON & SCHMOHL ORTHODONTICS

### WEAVE ELASTICS

Today you have been given the weave elastics to wear on your braces. You will only need to wear them for one or two weeks, but this relatively short period will determine how well your teeth fit together for the rest of your life. Your braces have moved your teeth to approximately their correct position and the purpose of these elastics is to get the teeth to fit together in the best functional bite possible.

Before you leave the office, be sure that you understand where to place your elastics as indicated in the diagram below. You may need to use a mirror at first, but soon you will be able to change them without a mirror and with very little effort.



For elastics to be effective, they must be worn every day as close to 24 hours per day as possible. You may take your elastics off only to eat and brush your teeth, and you need to replace them as soon as possible. During the day, you may wear two elastics on each side. At night it is important to stretch one elastic the entire distance. When wearing two elastics on a side, go half way with the first elastic and then start the second elastic on the same hook where the first stopped.

For the first few days, your teeth will be sore. This is normal and as soon as the teeth become used to the new pressure, the discomfort will disappear. If necessary, take a pain reliever such as Tylenol as needed.

If you follow the basic instructions that we have given you, your braces will be ready to be removed in one to two weeks to unveil your beautiful, healthy smile.