

## ELASTICS

- Elastics should be worn at all times, including whilst sleeping, unless otherwise instructed. Take them out for cleaning and for eating.
- Put new elastics in each day. The best time is after you have cleaned your teeth, before going to bed.
- If you do not wear your elastics, the brace will not work and your teeth will not progress. This means that you will end up having to wear the brace for longer.
- If you are running low on elastics, please contact the practice before running out.
- "A brace without elastics is like a bike without a chain."
- If you are in any doubt about how to wear your elastics, ask.
- Wearing your elastics as instructed will mean the your smile will be better and we will finish treatment sooner.

Have you thought about looking after your new smile when the braces have been removed? If you do any contact sports it would be a good idea to have a gum shield. Please ask one of the staff about the different designs and colours.

Please see the visual instructions, (as approved by the British Orthodontic Society), on our website.

### THE CENTRE FOR SPECIALIST ORTHODONTICS

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