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INSTRUCTIONS FOR WEARING RUBBER BANDS

Purpose of Rubber Bands:
Rubber bands are small elastics used to provide gentle, continuous pressure to your teeth. Wearing your rubber bands as instructed is an extremely important part of your orthodontic treatment. You will achieve your orthodontic alignment better, faster and more comfortably with excellent rubber band wear.

What You Can Expect:
The extra force of the rubber bands will usually cause your teeth to be sensitive for a few days. If you would like to, you may take something for the discomfort, such as ibuprofen.

We will change the sizes of your rubber bands and the way they are attached from time to time during treatment.

Instructions for Rubber Band Wear:
(1) Rubber bands must be worn continuously. If worn only part of the time, the tooth "jiggles" back and forth and sets up a resistance in the bone that prevents the desired movement. Also, the process by which teeth move and become initially sore will have to be continuously restarted if the rubber bands are not worn consistently.
(2) Rubber bands may be worn during eating, but if you must remove them, please keep the time without them to a minimum (15 minutes, 3 times a day).
(3) Rubber bands should be removed for brushing and flossing, but should be replaced immediately afterwards.
(4) A bag of rubber bands should be with you at all times so that if a band breaks, it may be promptly replaced.
(5) Rubber bands should be changed 3 times a day because they stretch out and lose their force.
(6) If you are running low on your rubber band supply, please come by one of the offices to pick up extras or call us and we will be happy to mail them to you. Please be sure to ask for the correct size!

Please see our website, www.gainesvilleortho.com, for further assistance.

Creating Beautiful Smiles to Last a Lifetime