

Elastic Wear

Elastics are used to realign the bite and close space. There are different ways to wear your elastics and your orthodontist and hygienist will instruct you on which size and how to wear them.

- Elastics must be worn at all times otherwise the teeth will be only 'jiggled around' and movement will not occur
- When you start wearing elastics for the first time you may find your teeth will be sore but this will settle down. Take pain relief if required.
- Constantly taking them on and off will make the teeth sore
- Try to eat with them in, however, if this is too difficult they can be removed but must be replaced ASAP
- They must be removed for cleaning
- When removing them to eat and clean place them on the end of a finger – if you forget to put them back in they will get tight and this will remind you to put them back on
- Change elastics once a day. In the morning after you've had breakfast and cleaned your teeth is a good time.
- If one breaks, change all of them. Don't have old and new elastics on together
- Always carry a spare packet with you in case you need to replace them
- If you run out or lose them please ring 1800 021 064 and ask for more – we will post them out to you
- Failure to wear your elastics will result in a longer treatment time

Sizes

Owl

Fox

Rabbit

Parrot

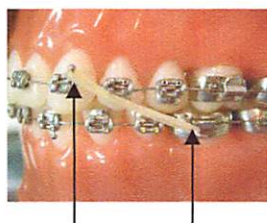
Quail

Kangaroo

Eagle

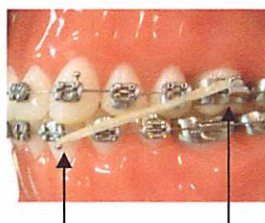
Class 2 elastics

From the hook on lower molar to the stud on upper eye tooth



Class 3 elastics

From the hook on the upper molar to the stud on the lower eye tooth

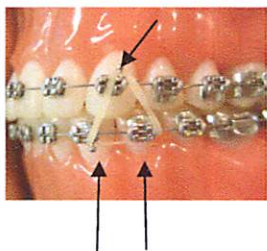


Upper Intra From the hook on the upper molar to the stud on the upper eye tooth

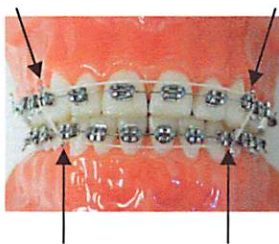


Triangle Elastic

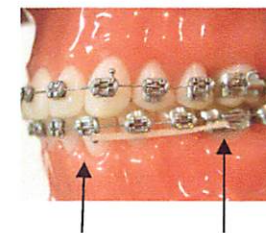
From the stud on the upper eye tooth to the stud on the lower eye tooth to the premolar tooth behind



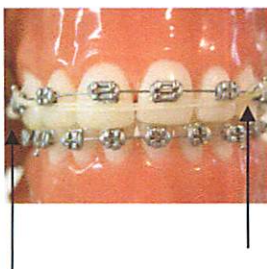
Box Elastic From all studs on the 4 eye teeth



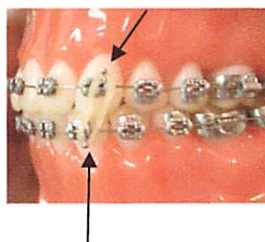
Lower Intra From the hook on the lower molar to the stud on the lower eye tooth



Elastic 3-3 from the stud on the upper eye tooth to the stud on the other upper eye tooth



Up Down from the stud on the upper eye tooth to the lower stud on the lower eye tooth then back to the adjacent tooth



Anterior Cross elastic from the stud on the upper eye tooth the stud on the lower opposite eye tooth

