

Wearing Your Rubber Bands

Sometimes, we want to make sure that the relationship between the top teeth and the bottom teeth is correct. Often, we use rubber bands to do this.

These rubber bands should be worn all day, every day, unless the doctor tells you something different. The only time the rubber bands should be removed is while brushing the teeth, and while eating. They should be worn at night when you sleep, too.

The teeth always move when the elastics are worn properly.

Usually, any discomfort you may feel from the rubber bands will disappear after a couple of days. But if you wear them one day and leave them off the next, the rubber bands will not function as they are supposed to, and they will always be uncomfortable! Wear them 24 hours every day, except for brushing and eating!

Thank You!
