

Instructions for Rubber Bands

It is VITAL that you wear the elastics in the manner that was shown to you . Unless specified otherwise elastics must be worn full-time (24 hours a day). They must only be removed for eating or brushing your teeth. You may experience some initial discomfort when first wearing the elastics but with continued wear, any discomfort will rapidly dissipate.

We strongly suggest keeping a bag of elastics with you at all times. If you are having any difficulties in placing the elastics, call us to schedule an appointment.



RIGHT



LEFT