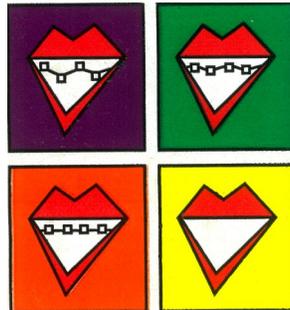


Remember, you still need to see your local dentist every six months for regular dental care whilst undergoing orthodontic treatment. We can work as a team together, but it is your responsibility to keep your teeth clean and help with your treatment.



Dr. Nevenka Tadic
40 Droop Street, Footscray VIC

Specialist Orthodontist for Adults and children

Dr. Nevenka Tadic

Elastics: A step closer to your perfect smile

Telephone: (03) 9689 8211



Elastics are an important part of orthodontic treatment. They provide the forces needed to move teeth and jaws into their correct position. To achieve the desired results, you must carefully follow the instructions you receive regarding their placement and use. Any time missed when wearing your elastics will prolong your treatment.



Elastics may cause your teeth to hurt at first but that is due to the teeth moving, which is our goal. Usually the tenderness lasts a few days. However, not wearing your elastics as instructed will only make the tenderness last longer, and tooth movement will require more time.

So remember these things;

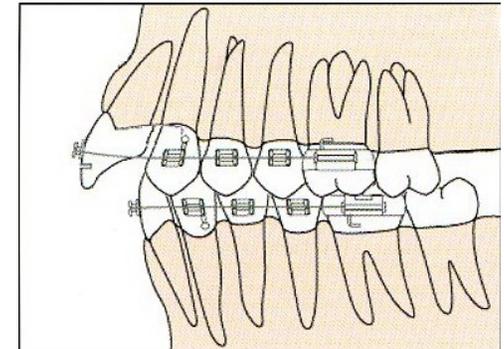
You are responsible for placing the elastics on your braces. Be sure to wear them as instructed. Remove elastics only when brushing and then immediately put them back on.

Always carry a few elastics with you so that if one breaks you can replace it immediately

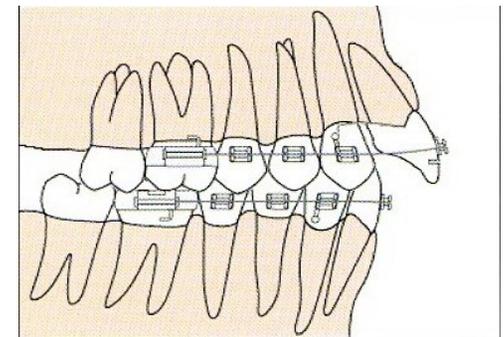
Elastics lose their stretch so be sure to change them as directed, at least once a day.

If you happen to forget to insert your elastics one day, do not double up just follow your regular instructions.

An example of elastic use in braces



LEFT



RIGHT

Continuing to wear your elastics consistently, following instructions and keeping appointments will ensure that we obtain the results we need. Remember if you are low on supply of elastics, please telephone us on 9689 8211 and we will send you a fresh pack in the mail as soon as possible.