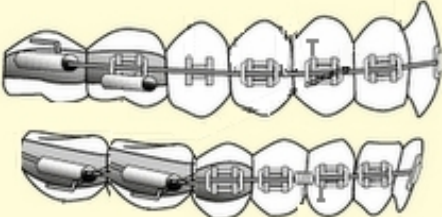
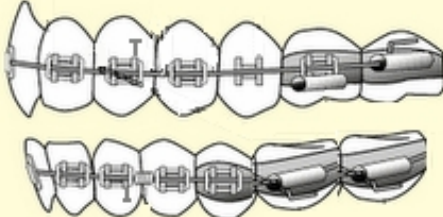




It's time for elastics!!!

RIGHT	LEFT
	
Elastic Type: _____ Number of Hours: _____	Elastic Type: _____ Number of Hours: _____

- ◆ Elastics are to be worn **as directed**, except when brushing your teeth, unless instructed otherwise by your orthodontist. They can be worn while eating. Failure to wear your elastics as instructed will result in treatment running longer than expected. It may also affect the quality of the orthodontic treatment result.
- ◆ **Change** your elastics **twice a day** with new elastics as they tend to lose their stretch over time. Each pack contains over 100 elastics.
- ◆ If you break or lose an elastic, **replace immediately**. Always carry a spare pack of elastics in your pocket or book-bag.
- ◆ Remember to replace your supply of elastics at every appointment.
- ◆ If you are running low or lose your elastics, please contact the office at 508-668-8008 and we will mail them to you. State the name on the packet to determine the size. All elastics have names on the envelopes.