

## Rubber Bands

Wearing your rubber bands as instructed is one of the most important things you can actively do to determine the success of your treatment.

Rubber bands provide a gentle but constant force to your teeth, guiding their movement in a precise direction. If you do not wear your rubber bands, your teeth will not move into the correct position.

### **Wear:**

Only you can be held accountable for wearing your rubber bands. They should be worn at all times, except during meals and during brushing. You should wear them when you sleep. Wear your rubber bands constantly, at least 20 to 22 hours daily, until otherwise instructed by the orthodontist.

### **What happens if I don't wear them? Why won't my teeth move correctly?**

When you do not wear your rubber bands as instructed, the length of your treatment will be significantly extended. When you are not wearing rubber bands, your teeth will shift back to the starting point rather than their new, correct, position. When you wear them irregularly, your teeth shift back and forth between the two positions, and this can cause resistance in the bone. Proper rubber band wear is crucial to your treatment success!

### **Discomfort:**

Any discomfort as you adjust to your rubber bands is typically gone within two to three days. If your teeth feel sensitive, we recommend eating soft foods. You can take an over-the-counter pain reliever, such as ibuprofen (Advil) or acetaminophen (Tylenol) to reduce discomfort. To relieve persistent discomfort, make sure to take the recommended dosage. Please read all instructions and disclaimers on the label before taking medication to see if it is right for you.

**Do not remove the rubber bands if your teeth feel sore because your teeth need to get adjusted to the rubber bands!**

### **Emergencies:**

If your hook or a bracket becomes loose or falls off, discontinue wear of rubber bands and call our office immediately. We do not recommend waiting until your next appointment.

### **Instructions for rubber bands**

- Wear your rubber bands as instructed by the orthodontist.
- If you are unsure how to hook your rubber bands, give our office a call.
- Your rubber bands should be replaced once daily.
- Carry extra rubber bands with you in case of breakage.
- Call our office if you run out or lose your rubber bands.
- Do not use a friend's rubber bands, as each person has a different set that are different strengths and sizes depending on their treatment needs.
- Do not double up on rubber bands if you forgot to wear them the day before.

