



Dr. Eckler • Dr. Black • Dr. Leung  
— ORTHODONTISTS —  
"SmileSolutions"

## CLASS 2 ELASTICS

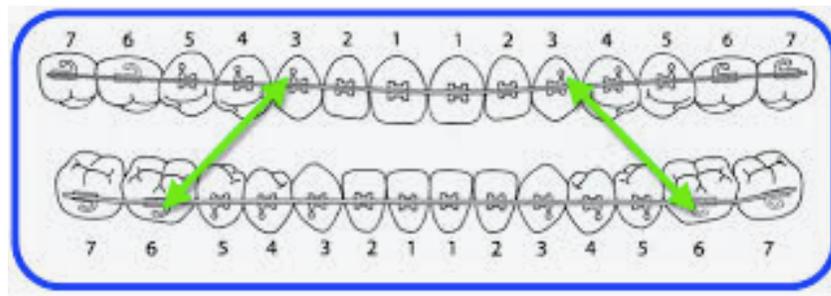
1. Teeth will move when elastics are worn consistently. Part-time wearing will not move teeth! Elastics must be worn **DAY AND NIGHT, 24 HOURS A DAY** except when eating and brushing, **unless directed otherwise**.
2. Change to a new elastic two to three times a day (morning and night).
3. Carry a pack of elastics with you in case one elastic breaks. Put a new set on immediately.
4. If you are running low on elastics, please call us and arrange to pick them up; or if that is not possible we can mail them to you. **Do not wait until your next appointment to get more.**
5. If you ever forget to wear elastics for a day don't double up when you do put them on. Just follow your regular instructions.
6. Your teeth will be tender 3-4 days when you start to wear elastics but this tenderness will go away if you wear them all the time.
7. If a bracket/button that one of your elastics is hooked onto breaks, call the office so we can fix the bracket/button and you can start wearing your elastics again preventing delays in your treatment.

**THIS IS A VERY IMPORTANT PART OF YOUR TREATMENT  
WE NEED YOUR FULL COOPERATION!**



### NOTE:

Diagram does not account for teeth removed



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## **CLASS 3 ELASTICS**

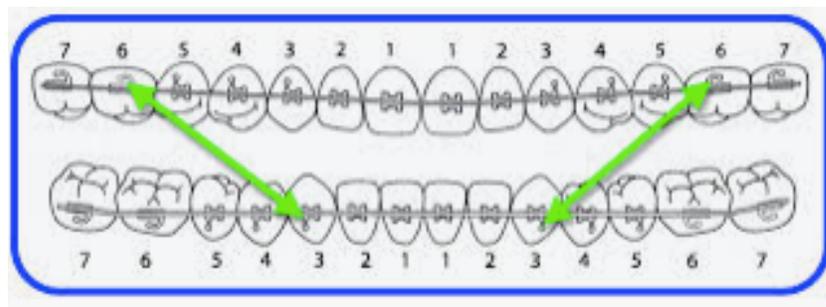
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7 6 5 4 3 2 1 1 2 3 4 5 6 7

7 6 5 4 3 2 1 1 2 3 4 5 6 7

*Your Right* *Your Left*

Date: \_\_\_\_\_

Wear elastics at all times except when eating or cleaning your teeth.

Wear elastics \_\_\_\_\_ hours per day.

Type of elastics you are wearing \_\_\_\_\_

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