

**Following your
rubber band instructions
is the quickest way
to a healthy smile.**



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THE
IMPORTANCE
OF

aaoinfo.org

RUBBER BANDS

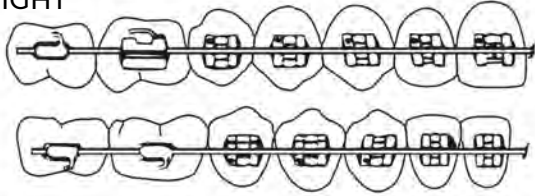
GET THE RESULTS YOU WANT

HOW IT WORKS:

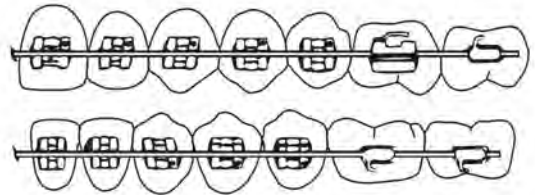
Successful orthodontic treatment depends on two things: pressure and time. Sometimes it takes a little force to move teeth and jaws as needed. Rubber bands have the pull to make it happen.

DRAW YOUR PLAN BELOW:

RIGHT



LEFT



WHAT IS MY ROLE?

You are a partner in the process. Your orthodontist has given you rubberbands for a reason. Wear them as directed. The better you wear them, the quicker you will finish your treatment.

Keep appointments, maintain oral hygiene, follow care instructions and continue to see your primary dentist for cleanings.

GET THE BEST RESULTS:

- At first, your teeth may be tender. Like anything, it will take time to get used to them. Be consistent with wearing them and the tenderness will go away faster.
- Carry a few rubber bands with you, so you can replace them as needed.
- Don't double-up the next day if you forget to wear your elastics one day.
- Change your rubber bands as directed.
- Call your orthodontist if you have problems with your elastics breaking frequently, a loose wire or band, or a hook that is broken. Don't wait until your next scheduled appointment.



**YOU HAVE
THE POWER
TO HELP
MOVE
TEETH.**

Orthodontists receive an additional two-to-three years of specialized education beyond dental school to learn the proper way to align teeth and correct bites. Only those who successfully complete this formal education may call themselves orthodontists, and only orthodontists can be members of the American Association of Orthodontists. Learn more: aaoinfo.org.