Instructions for the Use of Elastics

Take a picture of where your elastic is positioned to remind you when putting new elastics on and practice using a mirror.

1. Put fresh elastics each morning after breakfast, after you have cleaned you teeth.
2. Take the elastics off for meals but put them back on straight away afterwards.
3. Try to keep the same elastics for 24 hours.
4. Carry a pack of elastics with you everywhere you go so that if one breaks you can change it.
5. Take paracetamol for sore teeth and keep the elastics on. Intermittent wear makes the teeth sore.
6. Do not exercise against the elastics.

If elastics are lost or you run out, please call the practice to send by post or come in to collect from Reception.

NAME: ___________________________ SIGNED: ___________________________ DATE: ___________________________