



RUBBERBAND INSTRUCTIONS

Special elastic rubberbands have now been added to your appliance. The progress of your orthodontic treatment depends directly upon your complete co-operation in following these instructions.

- 1. Elastics are to be worn twenty-four hours a day except when you are brushing your teeth.**
- 2. Avoid opening your mouth very wide when wearing elastics so that they do not pop or break.**
- 3. Change elastics as often as you were instructed. Once in the morning and once at night is usual but changing them more often will not hurt. Failure to change rubberbands will slow down treatment or make the correction impossible to achieve.**
- 4. Always carry a few spare rubberbands with you in case one breaks. If an elastic breaks, replace it with a new one immediately.**
- 5. If one of your braces breaks, discontinue rubberband wear and call the office during normal office hours.**
- 6. If your supply of elastics runs low before your next appointment, call the office for a new supply so that we can mail you a pack. It is very important that you do not give up wearing them for even one day.**

Keep this reminder for future reference. If you should have any questions or need information regarding this matter, I invite you to call or come in at the next appointment for a conference.

Thank you for your co-operation.

David H. Reiss, D. M. D.

