

LEARN ABOUT

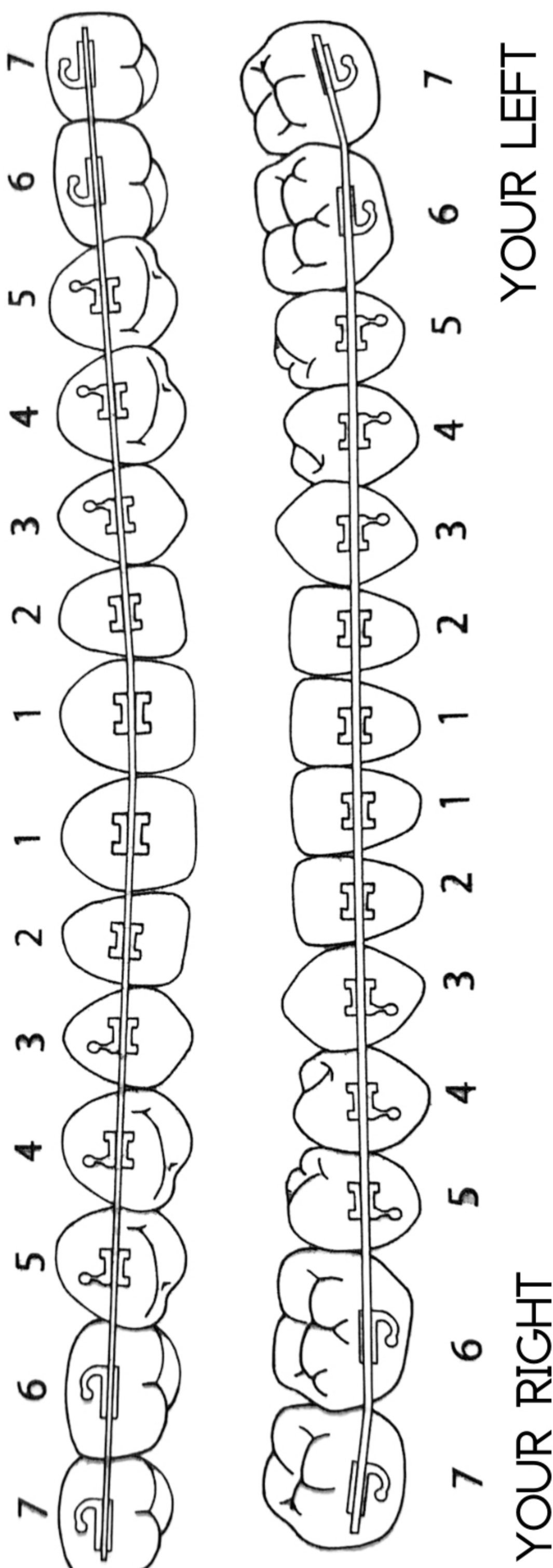
ELASTICS



AKA "Rubber Bands"

- Wear 22 hours per day
- Take out to eat and brush
- If needed - can take out during sports, when playing an instrument, etc
- Use clean fingers or elastic tool to hook elastics on the braces.
- They can make teeth or jaw feel sore for the first few days - don't stop wearing them, this will get better.
- Replace with fresh elastics several times per day.
- Please see the reverse side for a map of how Dr. Andrew needs you to wear your elastics.

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