



GARY M. HOLT, D.D.S., P.C.
personalized orthodontics

Rubber Bands (Elastics)

Rubber bands are only to be worn in the orientation prescribed. Incorrect wear can delay your treatment or make things worse instead of better. Rubber bands are always to be worn 24/7 unless otherwise prescribed. Not wearing your rubber bands 24/7 will delay your treatment time. You can take your rubber bands out while eating, brushing your teeth or playing sports/instrument. Every time you put in your rubber bands make sure to use fresh ones as they will be stronger. Some soreness will develop from wearing rubber bands but it should subside 3-5 days after the initial wearing was started. Great rubber band wear is a surefire way to make your treatment goes as fast as possible (less time in braces!). If you run out of rubber bands never stop wearing them. Call our office to get some more ASAP, we will even mail them to you.