



CAPOGNA ORTHODONTICS

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Elastic Instructions

- **Your teeth will move only if you wear the elastics as directed! If you do not wear them regularly as advised, your teeth will not move and you will be in braces longer.**
- **It is extremely important that you wear the elastics exactly like you have been shown and wear them all the time. Unless instructed otherwise, you must wear them 24 HOURS PER DAY, 7 DAYS A WEEK (day and night).**
- **You should change your elastics every 12 hours or more frequently. Therefore, you will need to carry extra elastics with you at all times.**
- **If the hooks break, bend or come loose, call us right away in order for us to fix it.**
- **If your elastics break or you lose one during the day, REPLACE BOTH of them immediately.**
- **If you run out of elastics, call us to arrange to get more.**
- **Your teeth will move as long as there is constant force on them with the elastics. If you wear them one day and then miss the next day, your teeth will not move!**
- **Remember, it's up to you to wear the elastics as directed, so that your teeth will move!**