



Elastic Wearing Tips

Following these elastic wearing tips will help keep your Invisalign treatment progressing and will also help Dr. Cziraki and you attain your treatment goals.

Why do I need to wear elastics?

Elastics are worn to help coordinate your teeth so your bite fits together better. Although your teeth may be straight on the top and bottom, they do not necessarily inter-cusate or “fit” together, elastics help to shift your bite into the proper position.

1. Elastics should be worn the required number of hours to get the required tooth movement. Elastics can cause discomfort in the first 48 hours. Advil can be taken to help through this initial adjustment phase.
2. You may have some resin/metal buttons bonded on to your teeth and/or slits cut into your aligners, this is where the elastics will attach. If you have the buttons only, never wear your elastics without your aligners! The elastics will pull the teeth out of position and none of your future aligners will fit.
3. Change your elastics twice per day. They will lose their elastic strength with the heat of your body and your saliva. Fresh elastics keep everything moving!
4. Your aligners will be trimmed to fit around the buttons. If you find any rough areas from the trimming, use an emery board (nail file) and smooth the rough area.
5. If you have any button(s) come off, please stop wearing your elastics and phone the office immediately. You will need to come in and have the button(s) replaced.
6. If you choose not to wear the elastics, you will have to accept a compromise in your final orthodontic result.

We are looking forward to creating a beautiful new smile for you!