

The use of **Elastics/Rubber Bands** is an important part of successful treatment. To be effective, they must be worn as directed by our office. If worn properly, rubber bands are very efficient.

Kadar guides for a great result!

- Wear rubber bands 24 hours a day unless advised otherwise. There will be absolutely no progress if you do not wear them. *Part time* usage will not move teeth and as a result, treatment time will be extended.
- Take rubber bands off only when eating or brushing your teeth.
- Change rubber bands once a day.
- If you lose or run out of rubber bands, call our office immediately and tell us the brand name of the package. We will either send them right out to you or you may stop by the office to pick up a replacement pack.
- Remember, the teeth will be moving and may become sore. For comfort, Tylenol or Motrin is best.
- Your rubber band type(s) are: Fox
 Ram
 Moose
 Parrot
 Quail
 Rabbit
 Ostrich
 Whale
- For questions or additional information about rubber bands, call our office at 856.582.1400.