

Sima Rafati DDS, MS



Throughout your treatment, we will instruct you on how to wear the specific orthodontic appliance necessary for your treatment. Please feel free to call us if you have any questions or concerns. For your convenience, instructions for wearing your orthodontic appliance are provided below.

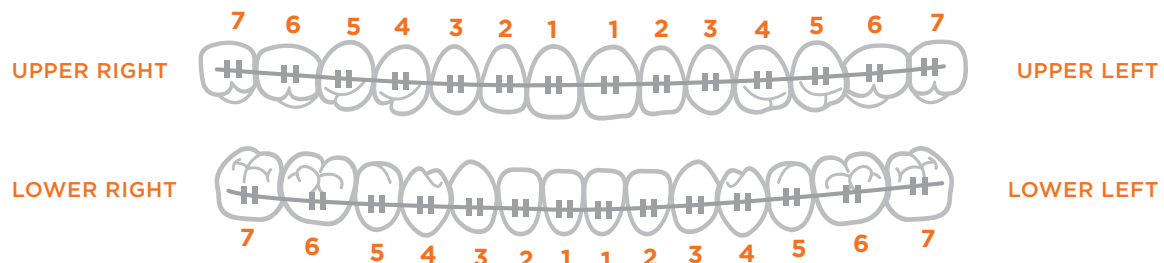
ELASTICS/RUBBER BANDS

APPLIANCE TIPS

One of the most important phases of your orthodontic treatment is when you are wearing your elastics. Elastics move your teeth and jaws into the desired position and create a proper bite by applying a small but continuous amount of pressure on the teeth and jaws. We recommend that you wear your elastics all the time, except when eating or brushing your teeth. Consistent wear of your elastics during the daytime and at night will minimize your treatment time. Replace your elastics with new ones at least four times a day.

PLEASE NOTE THE FOLLOWING GUIDELINES:

- * Poor or inconsistent wear of your elastics will prolong your orthodontic treatment. This is because the force that moves your teeth in the proper position is applied through your elastics. Failure to wear the elastics as directed, in many cases, will make your treatment goals impossible to achieve.
- * Wear your elastics as instructed and your treatment time will be shorter. Dr. Rafati will occasionally change how you wear your elastics.
- * Our goal is to maintain your progress, so if you cannot wear your elastics as directed, or run out of elastics don't wait for your next appointment. Please call us as soon as you can.
- * Minor discomfort and sore teeth are expected during the time you are getting used to the elastics. However, consistent wear of the elastics will diminish it significantly.



IT IS IMPORTANT THAT YOU FOLLOW ALL OF THESE INSTRUCTIONS. YOU'LL BE DONE WITH YOUR TREATMENT SOONER THAN YOU THINK! PLEASE CALL US IF YOU HAVE ANY QUESTIONS OR CONCERNS.