

ORTHO ELASTIC INSTRUCTIONS

Patient Name	:	Reshma Siya	Emirates ID	:	784-6478-3648736-8
File No	:	4	DOB	:	1995-05-21
Nationality	:	Other			
Gender	:	Female	Doctor's Name	:	Alan Alfred
Date	:	2024-02-24			

ELASTICS

Elastics move the teeth in a direction which cannot be accomplished with braces alone.

Your teeth and jaws may be tender the first few days of wearing the elastics. This is normal and should begin to disappear within a week. If it persists longer, please call our office. Rinsing with hot salt water will help take away the tenderness.



It may seem hard for you to put on the elastics at first; however it will become easier with practice

Change the elastics routinely even if they are not broken. After a while, elastics lose their strength. Change them at least after each meal and before bedtime.

Carry extra elastics with you at all times. If you don't have enough elastic to last until next appointment, please stop by our office and pick more up. We don't want you to run out.

Elastics wear is an important key to speed of your treatment and the final results we can achieve. The diagram below shows the correct placement. Please call us if you have any question or concern. Good luck with your elastics

Sign here, only if all of your questions have been answered to your satisfaction

Patient	Doctor
	
Patient Name Reshma Siya Date 2024-02-24	Alan Alfred - Dental (GD10001) Date 2024-02-24