

Dr. Mullen has asked you to wear rubber bands on your braces. They are used to move your teeth, and it is very important that you follow the instructions completely in order for your teeth to move. If you don't wear your rubber bands in the right place and for the correct amount of time each day, your teeth will not move and you will have to wear your braces much longer. Following these instructions is the best thing you can do to help us get your braces off as soon as possible!

When wearing your rubber bands, you must not take them out for longer than 30 minutes at a time. You may take them out to eat, but do not leave them out for longer than 30 minutes, and be sure to remember to put them back in. An easy way to remember is to put them on your pinkie - when your circulation is cut off, it's about time to put them back in! Some people prefer to eat with them in because it is just easier. Put new rubber bands in at least every 8 hours, maybe in the morning when you wake up and at night after dinner. Be sure to have some with you at all times in case one breaks.

You must wear your rubber bands \_\_\_\_\_ hours per day.

Type of rubber band \_\_\_\_\_

Wear it from \_\_\_\_\_ to \_\_\_\_\_(location)

Type of rubber band \_\_\_\_\_

Wear it from \_\_\_\_\_ to \_\_\_\_\_(location)

At first, the elastics may cause your teeth to be tender. That's because your teeth are moving, which is the goal. Usually the tenderness lasts only a day or two. Not wearing your rubber bands as instructed will only make the tenderness last longer, and make the tooth movement take more time. If you need more rubber bands, give us a call and we can mail some to you.