

Congratulations on Starting Elastics!

(Rubberbands)

This is a key phase of your treatment in which YOU are the one in control. Buckle up, because you're officially in the driver's seat headed toward your perfect smile!

Elastics are so important because they play an essential role in aligning your top and bottom teeth and jaws to fix your bite and ensure that they fit together perfectly. Connecting elastics from your upper teeth to your lower teeth is the only way to create an ideal bite in which the upper teeth bite just slightly outside of the lower teeth all around the U-shape of the mouth.

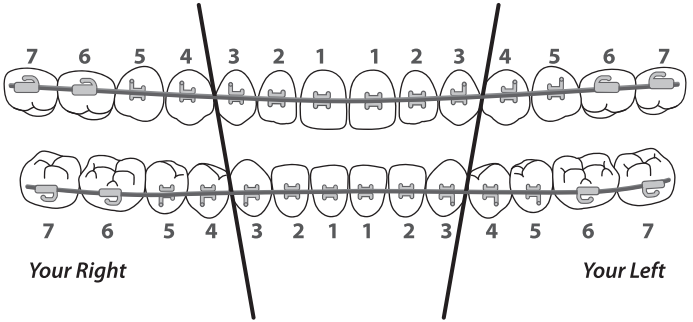


CONSISTENCY IS KEY

Remember that **consistency** and **compliance** are the keys to creating optimal results, so always be sure to wear your elastics exactly as instructed! Diligently following your elastic wear instructions as prescribed will keep your treatment on track, while sporadic wear and poor compliance practices have the potential to greatly extend your estimated treatment time. Don't delay your most beautiful smile a moment longer than necessary!

SOUND MIND,
BODY AND *Smile*

YOUR TREATMENT PLAN



Full Time

Nighttime Only

NOTES

Good luck with your elastics!

Call our office with any questions. You can also visit us online at www.soundsmile.com for more information regarding bite correction and elastics.



SoundSmile.com

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