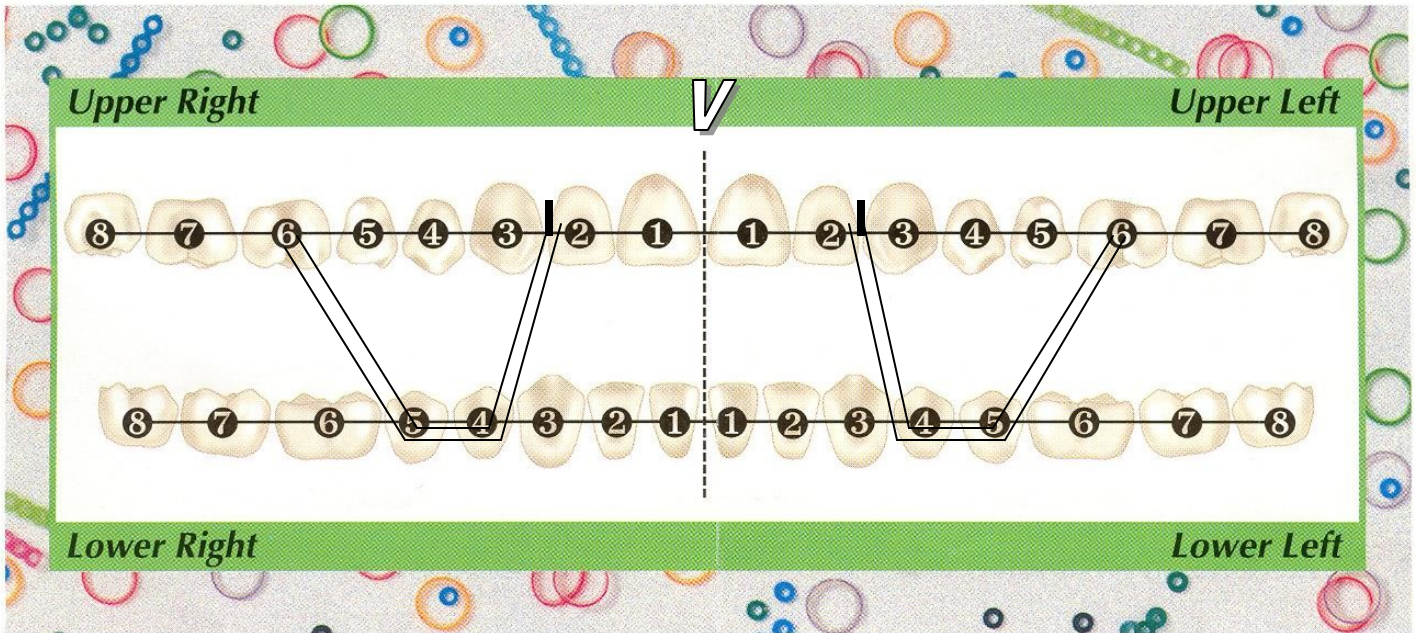


Wearing Your Elastics

Your orthodontist can use the diagram below to explain where to hook your elastics. Count from your front teeth back. Place elastics on the numbered

teeth as shown. Also follow the other directions your orthodontist writes in below. Call right away if you run out of elastics.



You should wear your elastics:

- All the time
- When sleeping
- Other: _____

You should replace your elastics:

- After brushing
- Each morning
- At bedtime
- Other: Change 4-5 times daily

The size and weight of the elastics you wear are: _____

If you run out, call: 481-8668