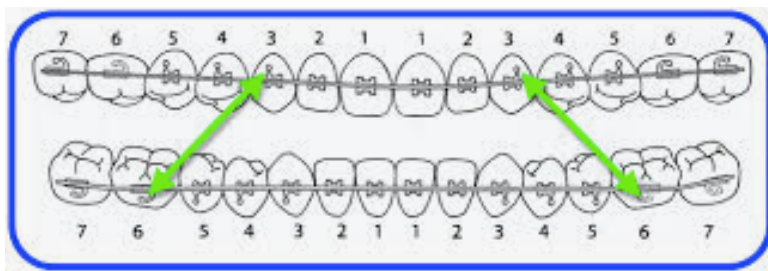


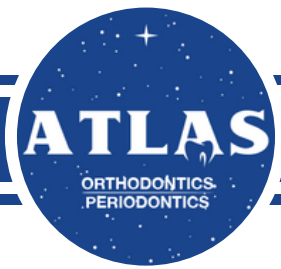
CLASS 2 ELASTICS

1. Teeth will move when elastics are worn consistently. Part-time wearing will not move teeth! Elastics must be worn DAY AND NIGHT, 24 HOURS A DAY except when eating and brushing, **unless directed otherwise**.
2. Change to a new elastic two to three times a day (morning and night).
3. Carry a pack of elastics with you in case one elastic breaks. Put a new set on immediately.
4. If you are running low on elastics, please call us and arrange to pick them up; or if that is not possible, we can mail them to you. **Do not wait until your next appointment to get more.**
5. If you ever forget to wear elastics for a day don't double up when you do put them on. Just follow your regular instructions.
6. Your teeth will be tender 3-4 days when you start to wear elastics but this tenderness will go away if you wear them all the time.
7. If a bracket/button that one of your elastics is hooked onto breaks, call the office so we can fix the bracket/button and you can start wearing your elastics again preventing delays in your treatment.

**THIS IS A VERY IMPORTANT PART OF YOUR TREATMENT
WE NEED YOUR FULL COOPERATION!**



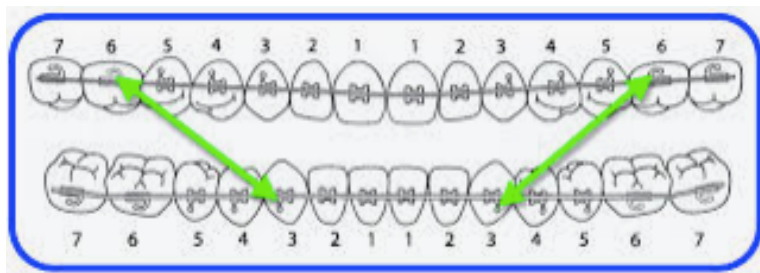
NOTE: Diagram does not account for teeth removed.



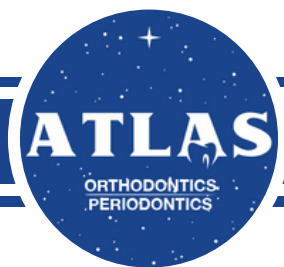
CLASS 3 ELASTICS

1. Teeth will move when elastics are worn consistently. Part-time wearing will not move teeth! Elastics must be worn DAY AND NIGHT, 24 HOURS A DAY except when eating and brushing, **unless directed otherwise.**
2. Change to a new elastic two to three times a day (morning and night).
3. Carry a pack of elastics with you in case one elastic breaks. Put a new set on immediately.
4. If you are running low on elastics, please call us and arrange to pick them up; or if that is not possible, we can mail them to you. **Do not wait until your next appointment to get more.**
5. If you ever forget to wear elastics for a day don't double up when you do put them on. Just follow your regular instructions.
6. Your teeth will be tender 3-4 days when you start to wear elastics but this tenderness will go away if you wear them all the time.
7. If a bracket/button that one of your elastics is hooked onto breaks, call the office so we can fix the bracket/button and you can start wearing your elastics again preventing delays in your treatment.

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NOTE: Diagram does not account for teeth removed.



ELASTICS

1. Teeth will move when elastics are worn consistently. Part-time wearing will not move teeth! Elastics must be worn DAY AND NIGHT, 24 HOURS A DAY except when eating and brushing, **unless directed otherwise.**
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4. If you are running low on elastics, please call us and arrange to pick them up; or if that is not possible, we can mail them to you. **Do not wait until your next appointment to get more.**
5. If you ever forget to wear elastics for a day don't double up when you do put them on. Just follow your regular instructions.
6. Your teeth will be tender 3-4 days when you start to wear elastics but this tenderness will go away if you wear them all the time.
7. If a bracket/button that one of your elastics is hooked onto breaks, call the office so we can fix the bracket/button and you can start wearing your elastics again preventing delays in your treatment.

 The form includes a dental arch diagram with teeth numbered 1 through 16. Below the diagram are two rows of tooth icons, each labeled "Near Right" and "Near Left". To the right of these icons is a "Date:" field. Below the date field are two checkboxes: the first is "Wear elastics at all times except when eating or cleaning your teeth." and the second is "Wear elastics _____ hours per day." Below these checkboxes is a line for "Type of elastics you are wearing".