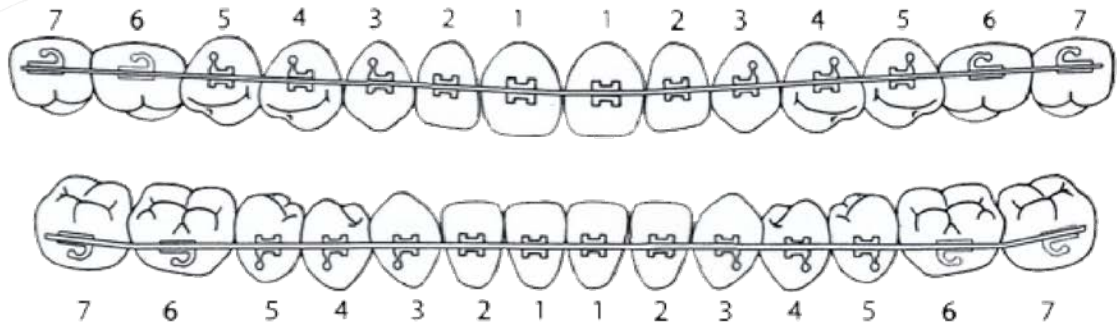




LEFT



RIGHT



- Refer to the diagram above on how to wear your elastic's. Your elastic position may change throughout treatment so always refer to the diagram.
- You can take your elastics out to eat, brush your teeth, and while playing sports if you are wearing a mouth guard, but remember to put new ones in your mouth there-after.
- **Change your elastic's 5 to 6 times a day. (After brushing, eating)**
- Make sure to always keep a pack of elastic's with you at all times.
- It may take a couple of days to get used to putting on your elastics.
- For the first week you may be a little sore and you may have a slight headache. (Take whatever you normally take for pain)