

## Class II Elastics



### What do Class II elastics do?

Class II elastics help correct over jets in patients. (*An overjet is the amount of overlap, horizontally, between your upper and lower front teeth*). Elastics only work when they are used as directed. It requires 22 hours of wear each day to actually get the results that we need.

### How will they feel?

During the first few days, your teeth will be sore. This is a good sign; it means the elastics are doing their job. After a few days, the elastics should not bother you anymore.

If you only wear your elastics on-and-off, you will find that the discomfort never really goes away and that your teeth are not moving. This will result in having to change to a different appliance and your time in braces will be extended for at least 6 months, maybe longer.

Occasionally, small spaces between your upper teeth may develop. If this bothers you, let us know at your next visit and we will close them up for you!

### When should I take them out?

You should take them out to eat and to brush your teeth. You should put in new elastics after every meal and right before bed.

### What if I run out?

We are open 5 days a week. Please call us and we will mail them to you or you can stop by 8am to 5pm Monday through Friday to pick up replacements.