INFORMATION FOR PATIENTS AND PARENTS OR CARERS

Class III **elastics**

How to wear them, and why they matter

Portadown Orthodontics, Heathwood House · www.portadownorthodontics.co.uk

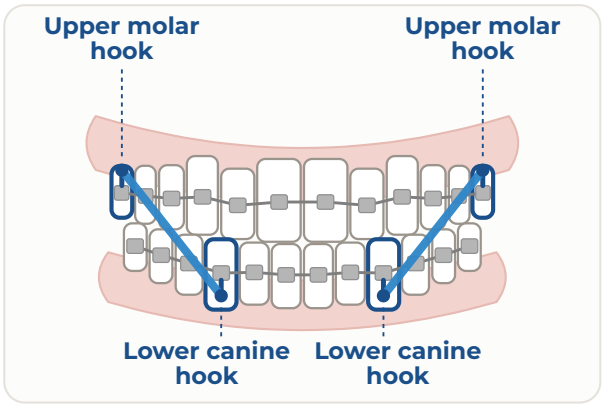
PORTADOWN ORTHODONTICS

What Class III **elastics do**

Class III elastics are small rubber bands that gently guide your bite. They run from the lower canine area (near your eye tooth) up to hooks on your upper molar teeth at the back.

They help correct an **underbite** — when the lower front teeth sit further forward than the upper ones — by encouraging the upper and lower teeth to meet in a better position.

They only work when you wear them as instructed, so wearing them every day really matters.



Front view – elastics are usually worn on both sides

Your wear **instructions**

When and which side
Your clinician will circle what's right for you.

NIGHTS ONLY *or* **FULL TIME** · **RIGHT** **LEFT** **BOTH**

Your elastic type
Your clinician will circle which type you have.

FOX **RABBIT** **OTHER:** _____

Elastics come in different sizes and strengths, named after animals on the packet — so always use the type circled here.

How to **wear them**

- **If full time:** about **22 hours a day**. Only take them out for eating and brushing, and put fresh ones in after meals.
- **If nights only:** put them in before bed and wear them all night.
- **Fresh elastics:** change them every day.
- **Which side:** wear them on the side or sides circled above.
- **Carry spares:** keep a few packs in your bag, locker or car so you are never stuck without them.
- **Consistency counts:** if you do not wear them as instructed, treatment may take longer, or you may not get the best result.

Soreness tip: mild aching for the first few days is normal as your teeth get used to the gentle pull. Softer foods can help, and it usually settles quickly. Simple painkillers (always check with a parent and follow the instructions on the packet) can help.

✓ Please do
- Wear them every day, exactly as circled above
- Change them every day
- Use the elastic type circled above

✗ Please don't
- Leave them out for long stretches
- Double up elastics unless we tell you to
- Change the hook pattern yourself

Need more, run out, or **a hook breaks?**

- **Need more?** If you use them all up, call into the practice and ask for more — tell us which type you use (e.g. Fox or Rabbit). Or tell your clinician at your next appointment that you need more.
- **Run out completely?** Contact the practice as soon as you can so we can help — don't go without.
- **Hook broken?** Contact the practice. If we have asked you to wear elastics **on both sides** and a broken hook means you cannot wear them as instructed, **stop wearing them on both sides until you next see us**.
- Do not invent your own set-up — the wrong pattern can slow things down.

Questions? Ask your clinician during your appointment, or call Portadown Orthodontics on **028 3870 2623**. Opening hours: Monday to Thursday, 8am to 5pm; Friday, 8am to 4pm (usually closed for lunch, 1pm to 2pm).

Your 8-week **wear tracker**

Tick each day you wore them as instructed. Bring this chart to your next appointment if you like.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1							
Week 2							
Week 3							
Week 4							

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 5							
Week 6							
Week 7							
Week 8							