

Patient Instructions

RUBBER BANDS & EXPANDER

CLEAR
INSTRUCTIONS
HEALTHY SMILES

How to Wear Your Rubber Bands



Rubber bands (elastics) help move your teeth and jaws into the right position. Wearing them as directed is an important part of your treatment.

1 WHERE TO PLACE THEM

Your orthodontist will show you exactly where to wear your rubber bands. The placement, direction, size, and strength are customized for your treatment.



Example: Class II (upper to lower)



Example: Vertical

2 HOW TO PUT THEM ON



1 Wash and dry your hands.



2 Use clean fingers or a clean tool (like a cotton swab) to stretch the band.



3 Place it as shown by your orthodontist.



4 Make sure it is comfortable and not twisted.

3 WEAR AS DIRECTED



Wear 20–22 hours a day. Only remove them to eat, brush, and floss.



Replace them regularly. Use new rubber bands as often as instructed (usually 2–3 times per day).



Be consistent. Wearing elastics as directed helps you finish treatment on time.

4 HELPFUL TIPS



Keep extra rubber bands with you at all times.



If a rubber band breaks, replace it with a new one.



If you run out or have trouble wearing them, contact us.



It may feel sore at first — this is normal and usually gets better in a few days.

How to Turn Your Expander



Your palatal expander helps widen your upper jaw to create more space for your teeth and improve your bite. It's important to turn it exactly as instructed by your orthodontist.

1 FIND THE HOLE

Look at the front of the expander. Find the hole where the key goes in.



2 INSERT THE KEY

Use the expander key (turn wrench) and place the metal tip into the hole until it fully fits.



3 TURN IN THE DIRECTION SHOWN

Push the key toward the back of the mouth (as shown) until it stops. You may feel slight resistance — this is normal.



4 REMOVE THE KEY

Take the key out. Your expander has now been turned one time.



IMPORTANT REMINDERS



Turn exactly as instructed (e.g., 1 turn per day).



Try to turn at the same time each day.



Do not double up if you miss a turn — just continue as directed.



Contact us if the key doesn't fit, if the expander feels loose, or if you have any concerns.

WHAT TO EXPECT



You may feel pressure for a few minutes after turning — this is normal.



A small space between the front teeth may appear — this is a good sign!



Keep the expander clean by brushing around it well.



If you have pain, looseness, or any issues, please call us.

