

You have been fitted with separating elastics (see figure1). These will help move your teeth apart slightly, to help with the fitting of bands at your next appointment. If you cannot wear them, we will not be able to fit your bands.



( Figure 1 )

### **Are separating elastics painful?**

Expect a little discomfort over the next 24 hours as the pressure may cause the teeth to feel a little sensitive. If necessary, take some painkillers that you would normally take for a headache, **but do not take more than is recommended.**

### **Other important points about your separating elastics**

- Don't worry if you swallow the elastics they are not toxic.
- Brush your teeth as normal.
- Avoid sticky/chewy sweets and chewing gum.

If you have any problems with the elastics please contact the department as soon as possible on:- Tel. No:- 01633 - 234516.