



SHAWN M BADER DDS, MS

FACES

ORTHODONTICS, PLLC

Helping you face the world with a superstar smile

- ✓ Getting your braces off on time will depend on YOU and how much YOU wear your elastics.
- ✓ Call our office if you run out of elastics. You can come in and pick them up, or we can mail them.
- ✓ Expect some discomfort in the first few days. Taking a break from wearing them will only cause more discomfort.
- ✓ Please have your elastics in when you come to your appointments. The doctor/assistant will check to be sure you are wearing them correctly.

Your hard work will pay off! Call us with any questions!

www.practiceresources.net

7 6 5 4 3 2 1 1 2 3 4 5 6 7

7 6 5 4 3 2 1 1 2 3 4 5 6 7

Your Right Date: _____ *Your Left*

Wear elastics at all times except when eating or cleaning your teeth.

Wear elastics _____ hours per day.

Type of elastics you are wearing _____

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