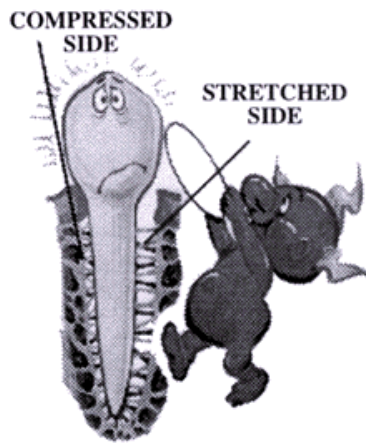


## How a Tooth Moves and About Rubber Bands

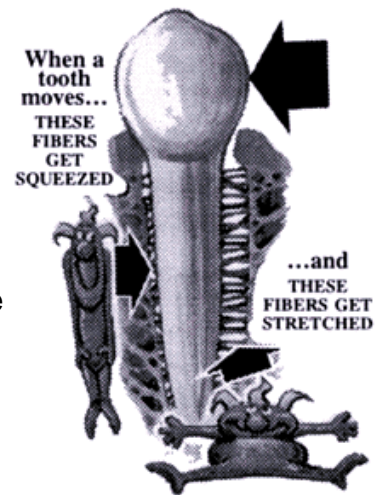
### How a Tooth Moves:

#### With Pressure from Your Braces Your Tooth Starts to Move.

Nature helps the tooth loosen to relieve the pressure, but there is temporary discomfort while this happens. Gradually the bone makes room on the compressed side and new bone grows in to support the stretched side... so the supported tooth becomes comfortable again.

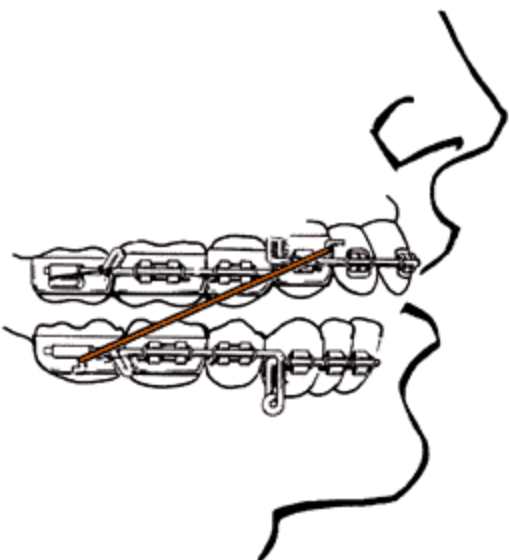


But we can't stop there! So on your next appointment the process is repeated. However, once your tooth has loosened from this first movement, each new adjustment is easier and little or no discomfort follows.



condition.

Once your teeth have been placed where we want them, retainer holds them in their new position allowing the bony support to return to a normal stable



## **NOW. . . About Rubber Bands**

During various phases of treatment, small elastic rubber bands are used as a gentle but continuous force to help individual tooth movement or the aligning of one arch to the other.

**TEETH HAVE NEVER FAILED TO MOVE WHEN ELASTICS ARE WORN CONSISTENTLY AS DIRECTED**

But - when they are worn one day and left off the next, your treatment slows to a stand still or stops.

Why?

Because the tooth "jiggles" back and forth and actually sets up a resistance that virtually prevents normal movement.

Follow instructions **EXACTLY**, and you will get better, faster, more comfortable results.

Usually, after about two days, any discomfort from the elastics disappears. But if you leave them off "to let my teeth feel better", you have done exactly the wrong thing! Stay with them.

In most, though not all, orthodontic treatment, the rubber bands are used toward the end of treatment. If we assign them to you, take heart - they are speeding up the day you get your braces off!