

## Crossbite Elastics

Elastics are small rubber bands that your orthodontist will tell you to attach to your braces in a certain way. The purpose of elastic wear is to help the teeth to move in the correct direction. Braces alone may not be able to move teeth exactly where the orthodontist would like so elastics help with that movement.

At The Sandford orthodontics we use elastics that are identified by names – **Panda and Gorilla**. Your Orthodontist will tell you which elastics they would like you to wear.

It is **essential** that you wear the elastics as instructed otherwise your treatment may not work and it will take longer to achieve a good result.

If you are unsure how to use them please ask before leaving the surgery. Elastics are free so if you run out please contact us to get more.



**Crossbite Elastics**– These elastics usually run from the inside of an upper tooth to the outside of a bottom tooth to help correct a crossbite.