

Carriere Distalizer- Instructions for Rubber Bands

Rubber bands are used to move your teeth from one place to another and are a critical part of treatment with the Carriere Distalizer. If rubber bands are not worn as directed, your teeth will not move and treatment will be prolonged.

- Do not begin wearing rubber bands until 24 hours after cementation of the Carriere Distalizer. This allows time for the glue to fully harden.
- After 24 hours, place "kangaroo" rubber bands diagonally from the upper front teeth to the lower back teeth, one on each side. Wear the "kangaroo" rubber bands 24/7 for the first week.
- After one week, begin to wear the "impala" rubber bands instead of the "kangaroo" rubber bands. This will gradually increase the strength of the rubber bands. Continue to wear full time.
- Remove rubber bands for brushing and eating. Place new rubber bands immediately afterwards. Rubber bands should be changed at least 3 times a day.
- Always carry extra rubber bands with you. If one breaks, replace it immediately.
- If rubber bands are lost or running out, please stop by the office to get more or call and we can mail them to you.
- Teeth may become sore when rubber bands are started. Usually soreness only lasts a couple of days. Sporadic wear will cause continuous tooth soreness and make it difficult to move teeth.
- Do not wear multiple rubber bands to make up for lost time. This does not work and can move teeth incorrectly.
- Rubber bands may be difficult to put on in the beginning. After a few days of practice, placing rubber bands will become very easy.
- If you cannot wear your rubber bands as directed, please call the office for an appointment. This is not considered an emergency, but we would like to fix the problem ASAP.

POOR RUBBER BAND WEAR WILL INCREASE YOUR TREATMENT TIME!