

ELASTIC INSERT

Please wear your elastics 24 hrs per day, including eating and sleeping.

Remove the elastics to brush your teeth and replace immediately.

Change your elastics daily.

Wear 2 elastics on each side for 2 weeks and then 1elastic on each side until your next appointment.

Please keep spare elastics with you at all times.

If you run low please call 203-453-5955.

Thank you! ☺