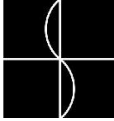


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Elastics

The following instructions must be followed in order to obtain the best possible results from the elastics:

1. Wear the elastics 24 hours a day. Only take them out to eat and to brush your teeth.
2. Change your elastics once per day, preferably in the morning after you have brushed your teeth.
3. It's okay to reuse your elastics throughout the day, after you are finished eating.
4. Be sure you are wearing them exactly as you were told.
5. Your teeth will get sore for the first 3 – 5 days, then your mouth will adjust to the force of the elastics.

