

Elastics and Clear Aligners

To correct bite concerns, elastics can be worn with your clear aligners. They can either attach to your aligner directly via a small opening in the plastic or to a small metal button that is glued onto your teeth. Everyone has to wear their elastics differently; we will show you the way we would like you to wear them.

What are Buttons?

Buttons are a metal round shaped orthodontic part that are bonded to specific teeth so you can attached elastics bands to the tooth to correct your bite.



Caring for Buttons

It is important to take into consideration adjusting some habits during your orthodontic treatment, to ensure that your buttons stay bonded to the teeth.

Buttons can be damaged by eating the wrong foods. Sticky and hard foods can debond the buttons which then prevent you from wearing your elastics and may lead to extended treatment time and additional appointments.

The types of foods to please avoid whilst you have buttons are things such as lollies, chewing gum, chewing on ice cubes, hard sticky chocolate and nougat, sugary drinks, muesli bars, cookies, fruit with hard pips (unless pip is removed), nuts, popcorn and crunchy corn chips.



Instructions for Buttons



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