Faster braces: questions and elastics log

Six questions for any office that offers a speed-up add-on, and a 12-week log for the habits that do change treatment time.

1 Six questions for any add-on

- ☐ What exactly is it: a device, light or laser therapy, or a procedure through the gum?
- ☐ What did the trials measure: whole treatment time, or one stage such as space closure?
- ☐ How many months or visits does it save in cases like mine, and what is that based on?
- ☐ What does it cost, and is that on top of the treatment fee?
- ☐ What are the risks and the discomfort, and who performs it?
- ☐ If I decline it, how long do you expect my treatment to take?

> What the research found: a 2023 Cochrane review of 23 trials saw no extra benefit from vibration devices or light therapy for total treatment time. A 2018 three-arm trial with a sham device found the same. Minor bone procedures added about 0.2 to 0.4 millimetres of tooth movement a month in 2026 meta-analyses, with short follow-up.

2 12-week elastics and cleaning log

Tick each box when it is true for the week. Bring the log to your next adjustment.

WEEK	ELASTICS WORN AS DIRECTED	BRUSHED AFTER MEALS AND FLOSSED DAILY	BROKEN BRACKET OR WIRE?	APPOINTMENT KEPT
1	☐	☐	☐	☐
2	☐	☐	☐	☐
3	☐	☐	☐	☐
4	☐	☐	☐	☐
5	☐	☐	☐	☐
6	☐	☐	☐	☐
7	☐	☐	☐	☐
8	☐	☐	☐	☐
9	☐	☐	☐	☐
10	☐	☐	☐	☐
11	☐	☐	☐	☐
12	☐	☐	☐	☐

In a 366-patient study, poor oral hygiene, poor elastic wear, bracket breakages and rebonded brackets were all linked to longer treatment. Hard, crunchy and sticky foods break brackets.

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