



HEADGEAR INSTRUCTIONS

Purpose:

The headgear is an essential part of your treatment. It can be used to correct jaw growth and improve your bite as well as to create space for your permanent teeth. Without proper and **consistent** headgear wear, ideal treatment and correction may be impossible. **Always** bring your headgear with you when you come to our office.

Care of Headgear:

The head gear is made up of a metal "facebow" and a neck strap. Attached to the neck strap are 2 safety release traction modules. These are adjusted to control the amount of pressure. There are safety release force modules that will pop loose if too much force is placed on the device. Never allow any one to pull the metal face bow from your mouth. Do not wear the headgear during contact sports such as soccer, hockey, basketball or football.

Initial Adjustment:

It takes at least 3-5 days of consistent wear to get used to your new headgear. Mild to moderate soreness is to be expected. Ibuprofen (Advil™) is all that is needed. Practice placing your headgear and removing it. With practice, this will become as easy as putting on your shoes. Remember to remove your headgear gently. Jerking the headgear out or wiggling it will result in sore teeth, loose molar bands, and increased treatment time.

Wear Time - 14 HOURS is the magic number

Your goal is to reach 14 hours of wear everyday. This is your responsibility and is very important. However, when you are first getting used to your headgear, take some time. Within 2-3 weeks of starting your headgear, you should be wearing it 14 hours per day. The 14 hours doesn't have to be in a row. If you miss as little as 2 hours a day, after one week, you'll be losing 14 hours of wear time. Patients who consistently get in their 14 hours every day achieve excellent results in the shortest time.

If you put your headgear on immediately after getting back from school, and wear it while sleeping at night, 14 hours should be easy to achieve. And when at home on the weekends or during holidays, you should try to wear it for more than 14 hours.

Proper Care:

You should not play with the headgear. Hard, sticky or brittle foods such as Jolly Ranchers, Gummy Bears, Skittles, taffy, gum or ice will loosen or destroy molar bands. Do not eat them! Carrots, apples, steak, pizza or similar foods should be cut into small pieces before being chewed. Remember, brush and floss everyday.

ALWAYS BRING YOUR HEADGEAR TO OFFICE APPOINTMENTS