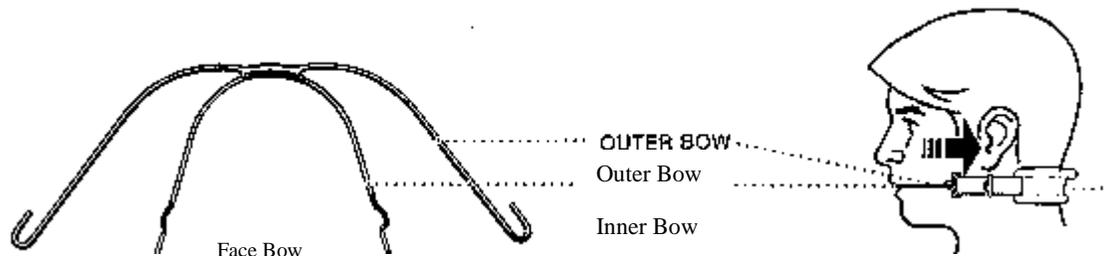


Headgear Instructions

What is it?

Your headgear is one of the best methods available to control the growth of your jaws. It is used when your upper teeth or jaws are too far forward. It allows your lower jaw to “catch up” with the growth of your upper jaw and can help to move your upper teeth back.



Your Part

- Wear the headgear from 10 to 14 hours a day, or as you have been instructed. Of course, the more you wear it, the faster your teeth will move.
- Always wear it during sleep and when you are at home, watching TV, playing video games, doing homework, etc.
- NEVER wear it during rough play and sports. This could result in injury to you.
- Some temporary discomfort may be experienced during the first few days.
- The teeth may become tender and even feel little loose. This is a sign that it is working!
- Falling asleep may be difficult. If this is true, try wearing 1-2 hours before you go to bed so you become used to it before you go to sleep. Keep wearing the headgear, it will become more comfortable.
- Every day you “forget” to wear it, adds two days to the total time you will be in braces.
- Bring your headgear with you to all of your appointments so we can make adjustments as needed.

How To Use It

1. Hold the inner bow between your thumb and forefinger and place the end of the wire through the tube on the molar band on one side. Squeeze the inner bow and do the same for the other side.
2. While placing gentle pressure to hold the inner bow in place, attach the neck strap to the appropriate hole.
3. Always use gentle forces (and patience) when putting the headgear on and off.
4. The headgear straps are fitted at first with light forces. If it is too loose and comes off, you may tighten it by wearing the strap in a tighter notch.

Bring all parts of your headgear to the office at each visit.