

Headgear

Please make every effort to wear your headgear the amount of time requested. Wearing the headgear will allow your treatment to have a better final result. Not wearing the headgear as instructed may increase the number of months that you wear braces.

We would like you to wear your headgear as prescribed by the doctor. Hours that you wear the headgear while you are sleeping count toward the total hours. Times when you are doing homework, on the computer or watching TV are excellent times to wear the headgear.

1. Bring your headgear with you to *every* visit at our office.
2. Do not wear the headgear during any sports or roughhousing. Do not wear the headgear when eating or brushing your teeth.
3. Store the headgear in the case provided. Please be careful not to bend the metal part (called the "facebow") of your headgear; this will affect how the headgear works.
4. The indentation on your facebow should face up when you are wearing the headgear.
5. If the band which your headgear fits into is no longer tightly cemented to your tooth, **do not wear the headgear**. Call our office as soon as possible to have the loose band reattached to your tooth.
6. If you have any concerns or questions about how the headgear fits, please tell us so that we can adjust it.
7. The fabric headgear strap can be washed in the washing machine with cold water. But do **not** place the strap in the dryer – this can shrink it. Remove the plastic modules before washing.
8. If headgear begins to fit too loosely, it may be tightened by moving up a hole on the plastic strap.
9. You may have some tenderness the first few days of wearing the headgear. Take acetaminophen (Tylenol) or ibuprofen (Advil) as directed on the label.