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Throughout your treatment, we will instruct you on how to wear the specific orthodontic appliance necessary for your treatment. Please feel free to call us if you have any questions or concerns. For your convenience, instructions for wearing your orthodontic appliance are provided below.

HEADGEAR

APPLIANCE TIPS

Headgear corrects an “over bite” or an “under bite” by creating a pushing or pulling action, respectively, to guide the growth of the teeth and jaws. Headgear is effective when the upper and lower jaws are growing. This growth generally slows down around the age of 12 or 13, and mitigates the desired correction achieved by a headgear.

HOW TO WEAR THE HEADGEAR

It is important to wear your headgear everyday for 14 hours, most of it while sleeping. By not wearing your headgear consistently everyday, you will compromise your orthodontic treatment. We recommend you wear the headgear as follows:

- * Two hours after school, for a few days until it feels comfortable.
- * Four hours after school, for a few days until it feels comfortable.
- * Overnight until it feels comfortable.
- * Finally, 14 hours a day; for four hours after school and about 10 hours during sleep time.

The hours the headgear should be worn are cumulative; therefore if you did not wear it as much during the week, try to make up the hours by wearing it more on the weekend. We ask that you record the number of hours you wear your headgear.

IF THE HEADGEAR IS ATTACHED TO A RETAINER

- * Wear the retainer 14 hours a day after school; starting the very first day. In addition, wear your headgear gradually as described above.
- * Every morning take the retainers out and brush them in cold water. Never use hot water. Be sure to place the retainers back in their case, and store them in a safe drawer in your bathroom.

REMEMBER

- * Bring your headgear to every appointment so that we can check it and make the necessary adjustments. The headgear is a very delicate instrument and is individually fitted and adjusted. You should not make any adjustments to your headgear. Please call us if you feel it is not fitting properly.
- * It is normal to experience tenderness the first few days. Don't be discouraged because the tenderness will diminish as your teeth adjust to the new pressure. Call us if you continue to have discomfort.

- * Do not play with your headgear or allow others to snap or pull it. Mistreatment of your headgear could result in harm to you or someone else. Always remove the strap before pulling the bow out from your teeth.
- * Do not wear your headgear when running, swimming, or playing any contact sports.

IT IS IMPORTANT THAT YOU FOLLOW ALL OF THESE INSTRUCTIONS. YOU'LL BE DONE WITH YOUR TREATMENT SOONER THAN YOU THINK! PLEASE CALL US IF YOU HAVE ANY QUESTIONS OR CONCERNS.