

Headgear Instructions

- Headgear should be worn 12 – 14 hours every day. Good cooperation will result in shortened treatment time and the best results.
- It will take you a few days to get used to your headgear. Start out by wearing the headgear 4 – 6 hours per day. Gradually increase wearing time each day.
- Extreme care should be taken when inserting and removing the face bow. Always remove the strap or elastics before removing the headgear from the mouth. Removing the face bow while still attached to the strap or elastics could result in injury.
- When removing the face bow, pull straight out of the tubes gently, but firmly. Never “yank” it out of the mouth or move the face bow up[and down or side to side.
- Wear your headgear during non-active times: sleep, watching television, doing homework etc. Do not wear headgear during contact sports. Also please try to avoid horseplay when wearing your headgear.
- Please ensure to bring your headgear with you for your appointments so it can be checked and adjusted when needed. Your orthodontist may also correct the amount of tension during these appointments.
- To aid in determine how effective the headgear is in your case, you may choose to keep an accurate record of the number of hours in which you wear your headgear. Bringing this record with you to each appointment will help keep the doctor aware of when you are wearing the headgear and how long you have left in treatment.
- If the headgear bands become loose, or if any part of the headgear becomes broken or lost, call our office immediately for an appointment so that you will not lose treatment time.
- When not in use, try and keep your headgear in a safe and secure location away from animals and other smaller children to avoid breakage.
- There is an additional charge for lost, stolen, or broken headgear – so please be careful with yours.

