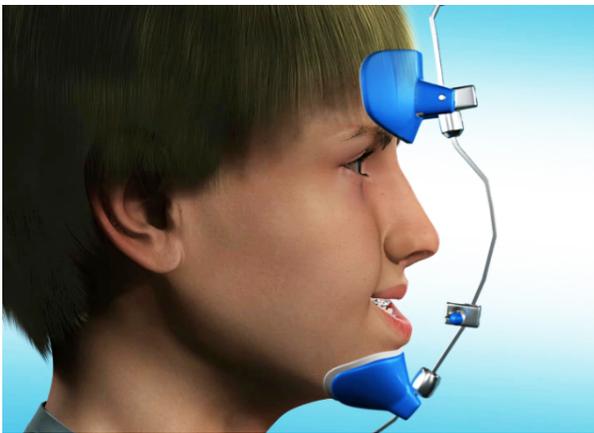


# Orthodontic Facemasks (a.k.a. Headgear)

Headgear is actually really an amazing invention; it uses the shape of your head to gently add specific forces which guide growth. Reverse pull headgear is used to treat patients whose teeth are in an “underbite” with the lower teeth forward of the uppers. The reverse pull headgear gently pulls on your upper teeth and jaw to encourage further forward growth and to bring your upper teeth in front of your lower teeth. Headgear is a very important part of treatment for patients like you. Good headgear wear (12-14 hours per day) reduces treatment time!

## Your Cooperation Is The Key To Success!

Forgetting to wear your headgear or not getting enough hours wearing your headgear could result in longer treatment time, changing your treatment plan and may even affect the final results.



## Instructions For Wear

Practice placing your headgear in front of a mirror. Soon, with practice, you will be able to place and remove it without a mirror.

### *Week 1*

Start with wearing 2-3 hours prior to bedtime, to get used to placing and wearing it.

### *After That*

Wear it while sleeping (8-10 hours) and at home, ideally 12-14 hours a day total.

## What To Expect:

**Soreness** to the teeth once worn is up to 8-10 hours, probably lasting 2-3 days, but consistency is the key to success and comfort. An over-the-counter pain reliever, like ibuprofen, can help with soreness.

**Difficulty sleeping** at first. Try placing 2 pillows around your face/headgear to be more comfortable. We suggest starting on a Friday or Saturday night. Discomfort will pass with consistent wear, within the first week.

## Headgear Care:

Brush the metal piece (facebow) with your toothbrush daily. Keep all the pieces in the headgear case when not in use and away from pets and small children. There could be an additional charge if lost or broken.

## Remember

Make sure to bring your headgear to each appointment! If at any time your headgear does not fit, please gently remove and call the office for an appointment as soon as possible.

