

Your Headgear

The appliance you have been given is called a headgear. It consists of:

1. A metal “facebow” which has been custom fitted to your mouth
2. A strap which fits around the back of the neck, on the head or both. This strap connects to the facebow by a spring on each side.

A headgear is used when the upper jaw has outgrown the lower jaw and a special type of force is needed to push the upper jaw back or retard its growth. For this to happen successfully, your headgear must be worn **ATLEAST 14 CONTINUOUS HOURS PER DAY**. This means wearing it all night and several hours during the day to equal a totally of 14 **CONTINUOUS** hours of wearing time.

INSTRUCTIONS:

1. The headgear must be worn as instructed. Wear it well, and you won't have to wear it as long!
2. The headgear is not a toy. Please do not allow other to play with it or pull it out
3. Do not wear the headgear during active sports. A bump to the mouth with it in could cause injuries.
4. Keep the headgear in its case and in a safe place when not wearing it.
5. If one of the mental bands on your teeth becomes loose or broken, please call immediately for an appointment. The headgear does **NOT** work if the braces are not attached to the teeth.
6. If the facebow gets bent or is not fitting correctly between visits, please call for an earlier appointment to have it adjusted. Do **NOT** try to fix it yourself.