

## Your Reverse Headgear

The appliance you have been given is called a reverse headgear. The headgear is used when the lower jaw has outgrown the upper jaw causing an under bite. A special force is needed to pull the upper jaw forward to correct the problem. For this to happen successfully, the reverse headgear must be worn as instructed.

### INSTRUCTIONS:

1. The minimum wear for the reverse headgear is during the day, after dinner, and all night to sleep (12-14 hrs.).
2. Every minute that you can wear will help. Example: If you are going to a friend's house and it takes 10 to 15 minutes to get there, put your headgear on and wear it in the car.
3. Wear your reverse headgear well, and you won't have to wear it as long!
4. Sometimes the rubber bands rub the corner of the lips and they become cracked or irritated. If this happens, apply chapstick or Vaseline. An antibiotic ointment can help if it becomes infected.
5. People who have fair skin may get a rash on their chin. Cut an old, clean t-shirt into pieces that can be placed in chin cup as a liner. Change daily. Also, wash your face to keep your chin clean. If the chin becomes red, use a cortisone cream available at pharmacies.