

INSTRUCTIONS FOR HEADGEAR

Headgear provides the force necessary to move the top teeth back so that they align properly with the bottom teeth.

1. For a headgear to move the teeth, it must be worn a minimum of 12 hours each day. **We recommend 14 hours each day** so that the patient does not have to wear it to school.
2. The more you wear your headgear, the faster your teeth will move and the sooner you will be finished wearing it.
3. When you first get your headgear it is recommended that you slowly build up to the 14 hours per day over a one week period of time. Begin by wearing it a few hours in the evening. Try to wear it to bed the first night. If your teeth are sore, or if you are having difficulty adjusting to it, remove it and try again the next day. Your goal is to be wearing the headgear for a longer period of time each day and night during the week.
4. It is normal for the headgear to make the teeth sore when it is first put on and right after it is taken off.
5. Once you have moved your teeth to their proper positions, you will be asked to shorten the amount of time you wear the headgear each day.

SAFETY PRECAUTIONS:

- A. **NEVER** wear your headgear while playing sports, rough-housing, or doing other Activities that might cause it to get inadvertently pulled or pushed.
- B. **NEVER** allow anyone to jokingly pull the neck strap or the facebow.

**FAILURE TO FOLLOW THESE SAFETY PRECAUTIONS MAY RESULT IN
A SERIOUS INJURY TO YOUR MOUTH OR FACE.**