



HUB CITY ORTHODONTICS

INSTRUCTIONS FOR HEADGEAR

1. Headgear is an orthodontic appliance used to correct your bite and support proper jaw alignment and growth. 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. Once your teeth have moved to their proper positions, you will be asked to shorten the amount of time you wear the headgear each day. **The more you wear your headgear 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. 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 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. Tylenol, Advil, or your normal headache medicine should alleviate any discomfort.

SAFETY PRECAUTIONS:

1. **NEVER** wear your headgear while playing sports, rough-housing, or doing other activities that might cause it to get inadvertently pulled or pushed.
2. **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.**