

ALL ABOUT MY HEADGEAR

WHY SHOULD I WEAR HEADGEAR?

- A headgear corrects an overbite by holding back the growth of the upper jaw, allowing the lower jaw to catch up.
- A headgear gains space by moving the upper molars back.
- A headgear anchors the upper back teeth in position.

WHEN WILL I WEAR MY HEADGEAR?

- Put your headgear on before bed and wear it until morning.
- Wear your headgear every single night. Missing nights means extra wear!
- Wearing your headgear extra hours during the day will speed up your treatment time.
- Always bring your headgear to your appointments.

WHAT CAN I EXPECT WHEN I GET A NEW HEADGEAR?

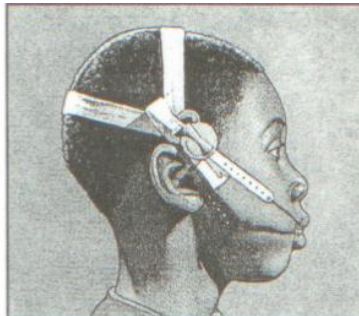
- Since your headgear will be worn while sleeping, please be patient as it will be cumbersome for the first 3 or 4 nights.
- In the morning the upper teeth will be slightly sensitive for a short while.
- You'll need to wear your headgear for several months. It has small effects over a long period of time.
- How well you wear it will determine how long you'll need to wear it.

SAFETY RULES:

- Always unhook the straps before removing the headgear.
- Never attempt to lift the headgear over your face or head before unhooking.
- Do not let your friends, brothers or sisters grab your headgear or the safety strap.
- Whenever you are not wearing your headgear, keep it in the case we provide.
- Do not wear your headgear during rough play or sports.
- Should you lose a band or if the facebow is lost or distorted, call our office as soon as possible.



NECK-STRAP TYPE prevents your Forward growth of your upper jaw or moves teeth back in line.



HEAD-CAP TYPE prevents downward growth of your upper jaw or moves teeth up and back.



REVERSE-PULL TYPE moves upper jaw forward by pushing on your chin and forehead.