
HEADGEAR

This appliance is used in cases where the upper teeth or jaw are too far forward. The headgear slows the upper jaw in its forward growth and allows the lower jaw to catch up.

Now your part...

1. Wear the headgear a minimum of 14 hours per day.
2. Some temporary discomfort may be experienced during the first 2-3 nights, it may be necessary to gradually increase wear to 12-14 hours during the first week. At first, molar teeth may become tender and even feel a little loose. Falling asleep may be difficult.
3. Once you start headgear treatment, you must keep it up continuously. Wear the headgear every evening and all night. If you leave it off for just one night, you may have to wear it many extra nights and extend your treatment unnecessarily.

If your headgear is worn as recommended, you will be surprised at how quickly your treatment will progress, possibly shortening your overall time in braces. So lets all work together so that soon you will have a beautiful smile and healthy teeth.

Please remember to bring your headgear with you to each appointment so the doctor may make any necessary adjustments.