



## HEADGEAR

Headgear helps to speed your correction by allowing outside forces to be applied to the fixed bands in your mouth. For our younger patients who are still growing, headgear can actually influence the direction of jaw growth. In patients past this growth stage, headgear uses the stability of the head and neck to transfer forces from the outside to aid movement of the teeth.

1. Wear your headgear from 12 to 14 hours, or as you have been instructed. (You may have some temporary discomfort during the first night or two. Molar teeth often become tender and even a little loose.)
2. Once you start headgear treatment, you must keep it up continuously! Wear the headgear every night. If you leave it off for just one night, your treatment time may be extended by several weeks.
3. Use a "score card" to keep account of the number of hours you wear the appliance each day and night. This can be a helpful reminder to you.
4. Do not wear your headgear during sports or play. This could result in injury.
5. If a band which is cemented to a tooth becomes loose, call us for an emergency appointment. Bring the band and all other headgear material with you.

