HEADGEAR

Your headgear has been especially prepared for you. Its purpose is to achieve the best possible correction of your orthodontic problem by creating special forces that guide the development and relationship of your jaws and teeth.

Regular wear of your headgear achieves the best results. It is important to follow the instructions given to you on how and when to wear it. Forgetting to wear it will prolong your treatment and may affect the final result.

Your teeth may be tender or even slightly loose for the first few days. This tenderness will disappear. If your teeth continue to be uncomfortable, call the office. If the bands irritate your cheeks at first, just use a small ball of wax from the package we have given you. You will find that in a short while your cheeks will adjust to your bands.

Although all of our headgears are equipped with release mechanisms,
if you do not wear your headgear properly or if you are not careful when you put it on and remove it, you could injure your mouth or face.

- **Never try to remove the headgear until the strap has been disconnected.**
- **Never try to lift the headgear over your face.**
- **Never wear the headgear while running or playing sports.**
- **Never allow anyone to grab or pull on your headgear.**

When you remove your headgear, carefully wash the metal bow that has been in your mouth. When you are not wearing your headgear, store it in the case you were provided with and put it in a safe place where it will not get lost or broken. If it breaks, becomes bent or distorted, does not fit properly, if the metal bow begins to rub or push on your teeth or brackets, or if a band becomes loose call the office immediately and explain that you are wearing a "**headgear**".

Always bring your headgear with you to your appointments so it can be checked and adjusted.

Remember that the length of your treatment time will depend upon how faithfully you wear your headgear.

You must wear your headgear a minimum of _____ hours a day, with as much continuous time as possible.