

## FACE MASK

Your treatment requires two orthodontic appliances. The appliance in your mouth, called an “RPE”, was securely attached to your teeth before. It has hooks built into it and should be comfortable. The other appliance, called a “face mask”, which was fit today, rests on your forehead and chin.

Your “face mask” appliance is designed to enhance the growth of your upper jaw and to allow it to catch up with your lower jaw. It is to be attached to the hooks of your “RPE” with elastics that you will place yourself. These elastics are usually gentle at first and may increase in strength.

Your jaw may be tender for the first few days but this tenderness will disappear. If your jaw continues to be uncomfortable, please call our office.

Regular wear of your face mask 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.

If you do not wear your face mask properly or if you are not careful when you put it on or remove it, you could injure your mouth or face.

- ❑ **Never try to remove the face mask until both elastics have been disconnected.**
- ❑ **Never wear the face mask while running or playing sports.**
- ❑ **Never allow anyone to grab or pull on your face mask.**
- ❑ **Call us if you need more elastics. We can mail them to you.**

If you notice any problems with your appliance please call our office immediately and explain that you are wearing an “RPE” and “**face mask**”. If you notice that your “RPE” is loose on one side only and it is during the weekend or a time when our office is closed, leave a message on our answering machine, and we will contact you as soon as possible. During this time, do not wear your “face mask” and make sure you are extra careful when you are eating and brushing. If you require immediate attention you may wish to contact your family dentist, an emergency dental clinic or your hospital. Please bear in mind that you may be charged for these emergency appointments.

You will be seen at regular intervals to have your appliance checked. Please be sure to bring your “face mask” with you to your appointments.