

## Headgear

- Your cooperation with appliance wear, care, and instructions will play a very important role in reaching our treatment goals.
- Please wear your headgear appliance at least 12-14 hours per day. Generally, this is most conveniently achieved by wearing your headgear while sleeping and during the evening hours after dinner. Your hours of headgear wear have to be continuous. Wearing your headgear more than 12-14 hours per day will accelerate the rate of your progress in treatment. However, wearing your headgear appliance less than 12-14 hours per day will provide significantly fewer benefits.
- Please remove your headgear while brushing, flossing, and eating. Never wear your headgear while playing contact sports or “horsing around” as this could lead to serious injury.
- The headgear appliance may initially produce soreness of the teeth and in areas to which the headgear is attached. This generally goes away within three days if you continue to wear the appliance. Should you discontinue wearing your headgear during treatment, you will most likely go through the initial episode of soreness a second time. Consistent wear of your headgear will help you avoid this second episode of soreness.
- Wearing your headgear to bed may require some “getting used to”. Sleeping on your back is the most comfortable position while wearing headgear. If this is not possible, you may find it helpful to experiment positioning pillows about your head in order to find the most comfortable position.
- Your headgear has to be worn with the loops on the inner portion of the facebow directed downward. Should your headgear become loose to the point of slipping off while sleeping, simply increase pressure by advancing to the next hole.
- Never attempt to remove or put on your headgear while tension is on the facebow portion of the headgear. This may result in accidental injury should the facebow slip from your hands.
- Please bring your headgear to each appointment so that it may be adjusted as necessary.
- Should the appliance not be able to be worn as directed, please contact the office immediately.