

## **Headgear Instructions**

The headgear device you just received is used to move or hold your upper teeth or jaw in place by pulling against your teeth using your head or neck. It is commonly used to achieve an orthopedic movement, that is a movement which corrects abnormal growth. Basically it is used to treat jaw defects. When you use it correctly, it can speed your treatment.

1. Don't bend it—it could break if it's bent backwards or forced into a different shape.
2. Keep it clean!
3. Wear it! It may not be fun to wear your headgear, but if you follow the instructions exactly, you'll finish your treatment sooner than you think. Wear headgear as much as you can, after school or after dinner. Headgear should be worn a minimum of 14HRs a day.
4. You may need to apply Vaseline on your lips (they may become chapped).
5. Use an old pillowcase, as the metal face bow on the headgear may tear it.
6. Take Tylenol as necessary for discomfort (usually just for the first 3 days).
7. Do not wear your headgear while running, playing sports or engaging in other vigorous activities.
8. Never let anyone grab or pull on your headgear. Eye or other facial injuries can occur. Be careful!

Remember, your cooperation in wearing this device is critical to the successful outcome of your treatment!