

HEADGEAR



What does it look like?

Headgear consists of a “facebow” that fits into braces on your back teeth and a strap that fits behind your neck and/or head. The strap is attached to a spring that provides the desired amount and direction of pressure.

How can I achieve the best results?

- Make sure to wear your headgear as directed. It only works when you wear it!
- Always closely follow our instructions for wearing your headgear, so you can finish this part of your treatment as quickly as possible.
- Always be careful and remove your headgear as you were taught. If you remove the headgear carelessly, the part that fits in your mouth and attaches to your teeth could injure your cheeks, lips, face or even your eyes.
- Remove your headgear before running or playing sports, or any rough-and-tumble games. Accidents can happen even when you're just having fun.
- Be careful to prevent anyone from grabbing or pulling on your headgear. Brothers, sisters, or friends who don't wear headgear may not understand the dangers involved even in play.
- Follow the instructions on the care and cleaning of your headgear.

Tenderness is normal and will disappear as you adjust to this new part of your treatment. If you continue to be uncomfortable for more than a week or two, be sure to let us know.

What does headgear do?

Headgear generates forces necessary to help guide the growth of your jaws. Typically, headgear is used when you have excess overjet (your upper teeth stick out beyond your lower teeth). Dr. Luff will determine the amount of time you'll need to wear your headgear, typically 14-16 hours per day.

How will it feel?

Headgear may feel a little awkward at first, but it is a necessary part of your orthodontic treatment. For the first few days of wear your teeth may be tender or even slightly loose. This will improve with time. The healthy, beautiful smile that will be yours for a lifetime will be well worth the effort you make now!

What do I need to do?

Wear your headgear _____ hours/day.
Bring your headgear to every appointment.

