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Head Gear

The following instructions must be followed in order to obtain the best possible results from your Head Gear:

1. Wear the head gear 14 – 16 hours a day. Wear it at all times when you are at home.
2. Do not wear the head gear to school or any time you go out of your house.
3. It will take some time to get used to wearing the head gear, usually 5 – 6 days, especially when wearing it to bed. However, with regular wear, you will get used to it.
4. The head gear will also make your teeth sore for a few days after the initial wear and after each tightening visit. If it is very painful, you can take 1-2 pain relievers every 4 hours (or as directed) until the pain goes away.
5. Please bring your head gear to the office on your regular appointments.
6. Avoid eating chewy or sticky food, such as Taffy, Caramels, Bubble gum or any type of gum, Ice, Crispy Tacos, Hard French Bread, Carrot Sticks, Granola Bars.
7. If the bands become loose please call us to make an appointment so we can re-cement your bands back on.
8. Do not engage in physical sports or activity when wearing the headgear. You may be severely injured if another person pulls your headgear off accidentally. Headgear that is pulled away from the head can snap back and cause serious injury to your face and/or eyes. **Always remember to release the neck strap before removing the inner part (facebow).**

