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Headgear Treatment

Headgear treatment is used for patients where the upper teeth and/or jaw are too far forward. Because the headgear can limit forward growth of the upper jaw, it allows the lower jaw to catch up simply by developing at its natural rate during the period of active facial growth.

For patients who are not growing, the headgear is used to help hold the molars back as the front teeth are being pulled back.

PLEASE READ THE FOLLOWING INSTRUCTIONS

Headgear Instructions

You have now been fitted with your headgear and this step begins an important part of your treatment. The headgear should be worn faithfully as instructed to achieve maximum correction of your teeth. Here is some information regarding your headgear:

1. When placing or removing the facebow (the wire part) use patience and gentle forces. This will prevent loosening the cement and the bands that are attached to your teeth.
2. Wear the headgear fourteen hours during each twenty-four hour day unless you have been told otherwise. **WEAR THE HEADGEAR EVERY NIGHT AND ALL NIGHT.** If you miss a night, you will be expected to make up these hours on the weekend.
3. Some temporary discomfort may be experienced during the first night or two. Molars may become tender and even a little loose. Falling asleep may be difficult, so you may take Advil, Tylenol, Aspirin, etc. according to package directions initially. Teeth may also be sore for a few minutes after removing the headgear in the morning.
4. Do not wear your headgear when engaging in “rough-housing” or active sports. Serious damage could result to your face and jaw.
5. Bring your headgear to every appointment, even emergency appointments, so that it can be adjusted as needed.
6. Use the case provided to store your headgear and to bring in to our office.
7. Please write your name, address, and phone number on your case so that it can be returned if lost.
8. The headgear straps are fitted at first with very light forces. If it is too loose and comes off, you may tighten it by wearing the strap in a tighter notch.

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