

HEADGEAR

Headgear is used to move your back teeth into their proper position. Headgear will only work if it is worn as instructed. Your cooperation is extremely important! You are playing a big part in straightening your own teeth.

Headgear must be worn at least 14 to 16 hours a day.

The best time to wear your headgear is during quiet time....immediately after school, while doing homework, watching television and while sleeping. To avoid serious injury, never wear it while playing active sports. Don't let anyone ever pull on it or play with it. 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, do not get discouraged. The more you wear the headgear the more comfortable it will become. Remember, do not miss any days, you can put yourself behind schedule. For every one day lost, it takes two days to catch up. So please be consistent and bring your headgear to every visit.