

Instructions for Headgear

Now that you are wearing a headgear, you are playing a big part in the strengthening of your own teeth. The headgear is used to help position your teeth and jaws in their appropriate spot. Part of your headgear is removable and part is fixed into your mouth. The fixed part consists of two metal bands that are cemented to your teeth with adhesive (like glue). If these bands come loose, please call the next business day to schedule for the bands to be re-cemented. By doing so you will prevent future cavities and gum irritations. We need to give the cement on the metal band time to dry before stressing it; therefore, we ask that you do not begin to wear your headgear until tomorrow. Beginning tomorrow evening you will place the face bow and neck strap in place. The headgear needs to be worn at least 12-14 hours a day (including sleep time). Most people sleep for eight or more hours: therefore you need to pick up at least 6 hours of daytime.

For the first few days you may notice some discomfort associated with your headgear. The metal bands do have some sharp edges and may cause small mouth sores at the beginning. Your mouth will form calluses to the irritation just like your hands form calluses if you lift weights or play softball. Also, your teeth and jaws may become sore due to pressure placed on them from the appliances. If you are experiencing discomfort you may take the recommended dosage of Tylenol, Advil or your usual over the counter medication as needed (take whatever you usually take for a headache). Also, we provided you with some wax that may be used to smooth out the rough edges until your mouth forms calluses.

Remember! Your headgear is not a toy! Do not wear it while horsing around. If any part breaks or does not fit, please let us know at your next visit. Do not adjust it yourself. Please take good care of your headgear and remember to put it into the case when you are not wearing it. Wash it regularly with your toothbrush or a wet wash cloth. Please bring the headgear each time you come to the office so it can be checked and adjusted.