

Instructions for Reverse Pull Headgear

Now that you are wearing headgear, you are playing a big part in the straightening of your own teeth. The reverse pull headgear is used to help place your upper teeth and jaw in a more forward position. This appliance is used in conjunction with the hyrax expander and is “hooked” on to the expander with little rubber bands. 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 wear. If at any time you should run out of the little rubber bands used to attach the headgear, let us know at your next appointment or stop by our office and pick some up.

For the first few days you may notice some discomfort in your teeth or jaw associated with the headgear. For relief from the discomfort you may take Tylenol or Advil. Although, children under 12 years of age should not take aspirin.

Remember, your headgear is not a toy! Do not wear it while you are horsing around. If any part breaks or does not fit, please let us know at your next visit. Please bring the headgear with you each time you come to the office so it can be checked and adjusted.