



## FACEMASK INSTRUCTIONS

- 1.** The Facemask is worn to help growth of the upper jaw or to bring the back teeth in a more forward position.
- 2.** The appliance consists of a wire frame that gently sits on the forehead and chin and is attached to bands or braces on the teeth.
- 3.** Cooperation and wear are key! The facemask needs to be worn for 12-14 hours per day (including sleep time). The facemask can be worn after school while doing your homework, watching a movie or playing video games. Unless otherwise directed. Never wear it for active sports or rough play.
- 4.** If you are running low or run out on elastics, please call the office and arrange a time to pick them up or if it is not possible we can mail them to you. Do not wait until your next appointment to get more elastics.
- 5.** For the first few days you may notice some discomfort in your teeth and jaw. Sleeping with the face mask on your face will feel different initially.
- 6.** If you get any irritation at the corners of your mouth, the elastics can be criss-crossed. Criss-crossing the elastics will stop the rubbing and reduce the irritation. This may make the face mask feel tighter but that is not a problem. If the elastics are pulling your lip up or down so we can help adjust the facemask.
- 7.** Be sure the pads on the facemask are kept clean and dry. If they become too worn they can be replaced very easily, they are just like stickers that can be peeled off. You are provided with one set of extra pads for your facemask but let us know if you need new ones.
- 8.** Stop wearing the facemask if the bands or expander becomes loose and call the office.
- 9.** Remember to bring in your facemask to each and every appointment so we can check for the fit and condition of pads.

