



HEADGEAR INSTRUCTIONS

1. The headgear is an orthodontic appliance consisting of a wire portion attached to bands cemented to the upper back teeth and an elastic neck strap outside the mouth. In order to move the teeth, the headgear must be worn at least **14 hours every day**. The necessity for regular wearing cannot be over emphasized. It is not necessary to wear the headgear to school as long as it is worn after school and all night when sleeping (unless otherwise directed).
2. The teeth will ache for the first three or four days. The discomfort will go away as you adjust to the pressure so do not get discouraged
3. After the teeth have moved, the outer dental bow will shift to a lower or a higher position. **IT IS IMPORTANT TO BRING THE HEADGEAR TO EACH APPOINTMENT SO THAT WE MAY READJUST IT.**
4. **NEVER WEAR IT FOR ACTIVE SPORTS OR PLAY.** Safety first: To avoid injury, be sure to follow the directions provided by your orthodontist. Always disconnect the headcap or neckstrap before you put the appliance in or take it out of your mouth. Never wear it if bands on teeth are loose. Make an appointment to re-cement the bands.
5. **REMEMBER:** Bring your headgear to each and every visit.

Please start at hole ____ and move to the next number in 1-2 weeks until you have reached hole ____ and stay at this hole until your next visit with us.

