

Face Mask and Bonded Expander

Description

The face mask is a removable orthodontic appliance that applies force to the upper jaw to help move it forward and correct an under bite.

Purpose

The face mask is used to correct an under bite by moving the upper jaw forward. Additionally it can be worn to influence the position of the upper incisors by pushing them forward too.

Wear

A bonded expander is first placed to widen the upper jaw. After the expander has finished the face mask is started. The face mask consists of forehead and chin pads connected by a thin middle bar. The appliance is held on by rubber bands that connect the bar to the hooks on the expander. The face mask needs to be worn at least 14 hours per day. This can be done by wearing the appliance in your home and while sleeping. The more your face mask is worn, the quicker it will do its job and the sooner you will be done with it. Do not wear your face mask while eating, showering, brushing or during active sports. We will give you a score card to help you keep track of the hours worn each day. Please post this in a prominent location at home and be sure to bring it with you at each appointment.

Cleaning

It is important to keep your teeth clean around the expander. Plaque and tartar will build up around where the expander meets the teeth, so brush thoroughly around the expander twice a day. Make sure you take the face mask off before you brush. The chin and forehead pads might become dirty after a while, do not worry we will change them. Use a lotion like 'eucerin' on your chin if dryness or redness persists.

Tenderness

Since the face mask is applying pressure to the upper jaw and teeth, the teeth may become sore for several days. This feeling is very common as the teeth get used to the appliance. It is very important to be consistent and wear your face mask every day. Missed days allow the teeth to shift back and thus slow treatment; it also results in another few days of soreness as the teeth readjust to the appliance.

Caution

Please be careful with your face mask. It should not be worn during rough play where it might be bumped, and you should never allow anyone to grab or pull it.

Other Things

Bring your face mask to each appointment so that it can be checked and adjusted. If you have any problems with your appliance, please call our office so that we can help you. If you are getting low on your elastics, please stop by the office to pick some up. Make sure that you do not run out!

Parting Words

When patients use the face mask according to our recommendations, we have had very encouraging results. Our best wishes to you as you begin an exciting journey towards a super smile!