

Headgear

Description

Headgear is a removable orthodontic appliance that applies force to the upper teeth and jaw.

Purpose

The headgear has two main purposes. Most commonly it is used to correct an overbite by inhibiting the forward growth of the upper jaw. Additionally it can be worn to influence the position of the upper six year molars and/ or the upper incisors.

Wear

The headgear 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 headgear is worn, the quicker it will do its job and the sooner you will be done with it. Do not wear your headgear 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 appliance clean. Plaque and tartar will build up on the wire portion that fits inside your mouth so we suggest that you thoroughly brush it once a day.

Tenderness

Since the headgear is applying pressure to the upper molars, they will often 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 headgear every night. 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 headgear. It should not be worn during rough play where it might be bumped, and you should never allow anyone to grab or pull it. Always undo the neckstrap before removing this appliance to avoid having it snap back into your face.

Other Things

Your headgear should come with you to each appointment so that it can be checked and adjusted, as needed. Also, please use and bring the score card on the backside of this handout at each visit. If you have any problems with your appliance, please call our office so that we can help you. If you notice that you are getting low on your supply of elastics, please stop by the office to pick up some more. If you cannot stop by, we will be happy to mail you some. Just make sure that you do not run out!

Parting Words

When patients use the headgear according to our recommendations, we have had very encouraging results. If you or a family member has any questions along the way just ask!

ADDITIONAL INSTRUCTIONS FOR HEADGEAR

Day 1:

Wear the headgear for a couple of hours to get used to it. Do not try sleeping with the headgear the first night.

Day 2:

Wear the headgear for a few more hours than yesterday. Try sleeping with it if possible. If not, wait another day.

Please note:

- The headgear may make teeth a little sore. A non-aspirin pain reliever (e.g. Tylenol, Advil) will help relieve the soreness. Occasionally, the headgear will make the teeth a little loose. This is normal in order for the teeth to move.
- The headgear should be worn 14 hours per day for the treatment to be successful. The 14 hours do not have to be consecutive. The more the headgear is worn, the faster and the better result will be achieved. A headgear cannot be worn too many hours.
- The headgear should be checked at every orthodontic appointment. Please remember to bring it.
- Please call the office if the headgear is lost or misplaced so that a new one can be made at the next appointment.