

INSTRUCTIONS FOR HEADGEAR

'WHAT IS HEADGEAR?'

Headgear is made up of a metal face bow and a neck strap and I or head cap. Part of the metal bow attaches to the metal bands around your top back teeth and the part outside your mouth to the neck strap or head cap. Sometimes it may be used attached to a removable brace.

'WHY DO I NEED TO WEAR IT?'

- ➔ To move your side teeth backwards to make extra room to straighten your teeth.
- ➔ To stop your back teeth moving forwards.
- ➔ To help your back teeth to fit together properly.

'WHAT IF I DON'T WEAR IT?'

- ➔ It will be impossible to fully straighten your teeth.
- ➔ If your teeth do not mesh together correctly, they may start to slip once the braces are removed.

THE HEADGEAR

The **HEADGEAR** is the most important part of your treatment but it will probably take you a week or two to get used to it. The success of the treatment depends on **YOU!**

Headgear consists of 3 parts. There is the metal bow which goes into the mouth and is slotted into the back bands. Then there is the headgear cap and elastics.

Start by wearing the headgear 2-3 hours a day for the first few days. As soon as possible, go onto 3-4 hours in the afternoon or evening for the first few days. Then wear the headgear 2-3 hours each evening and all night. Then you should wear the headgear night time only.

Headgear can be very dangerous if you play around with it. It is not a toy or a game!

You must wear the headgear when you are sleeping.

Hold the facebow firmly at the front when connecting the snap release attachments, or do both sides at the same time.

Your teeth will probably be tender for a few hours in the morning and you may have marks on your cheeks. These will go away after an hour or two.

IMPORTANT

Please make sure you attend your own dentist for regular 6 monthly check ups during the treatment.

CHARGES FOR MISSED APPOINTMENTS

Patients who fail to attend appointments will be charged a low fee for a normal appointment and a higher fee for a longer appointment. Please give 24hrs notice if cancelling an appointment. Thank you for your co-operation.

PROBLEMS

Please be careful with your headgear. Any problems with your headgear, contact us immediately on the number of the clinic you attend.