

# **HEADGEAR INSTRUCTIONS**

The purpose of headgear is to push back a protruding upper jaw and teeth or to hold the upper jaw in place as the jaw's growth "catches up". Your headgear plays an important role in your treatment, but only works when worn the number of recommended hours. The ideal amount of time headgear should be worn is 12 to 14 hours per day.

*Extra hours of wear can help reduce your total treatment time!*

## **DO'S AND DON'TS**

### **Do:**

1. Keep score of your daily headgear wear on the score card provided.
2. Wear your headgear at least 12 hours during every 24 hour period.
3. Treat your headgear with care when inserting or removing it. Never tug or pull on your headgear, and always hold the face low with your left hand while hooking or unhooking the neck strap on the right side.
4. Bring your headgear and score card to each appointment so that the doctor can monitor your progress and adjust the headgear when necessary.

### **Don't:**

1. Don't wear your headgear when engaging in physical activities or sports.
2. Don't forget to ask for a new score card if you need one. Use a notebook if you run out of room on your score card.
3. Don't give up! Remember, the more you wear it, the closer you get to the end of the head gear phase of your treatment!