



HEADGEAR INFORMATION

Headgear is typically used in growing patients to correct overbites by holding back the growth of the upper jaw, allowing the lower jaw to catch up. Headgear needs to be worn approximately 10-14 hours to be effective and is worn anywhere from 6-18 months, depending on the severity of the overbite, and how much a patient is growing.

Soreness of teeth when chewing, or when the teeth touch, is typical. The soreness lasts on average of 2-4 days. Ibuprofen and a soft diet are helpful. Days 2 and 3 are usually the most severe and then the discomfort subsides over the next few days until the patient no longer has any discomfort. The key to being successful with your headgear is to continue wearing it as directed. Poor headgear wear will result in wearing it longer throughout treatment and/or a less than ideal result.

INSTRUCTIONS FOR ATTACHING AND REMOVING HEADGEAR

The assistant or Dr. Shapiro will teach you how to attach/remove your headgear. Always keep finger pressure on the center of the bow when attaching/releasing the neck strap. The most important aspect about this process is keeping the "bow" of the headgear from being tugged left to right, which can result in loose molar bands. **NEVER ATTEMPT TO REMOVE THE BOW WITH THE ELASTIC STRAP STILL ENGAGED; INJURIES WILL OCCUR.** If you notice a loose band, contact the office as soon as possible to have the band re-cemented.

Put your headgear on at least 2 hours before bedtime. Wearing it during waking hours will help you adapt to it faster, thus having more success while wearing sleeping.

NO ROUGH PLAY OF ANY KIND WHILE WEARING H/G.

Always put your headgear bow and strap in its case so pieces will not get lost.

Please bring your headgear to every appointment. This lets us check for any needed adjustment. Please call the office in between appointments if you are having any problems.

Remember, the more you wear your headgear the quicker you will be finished with it.