

Headgear

1. Wear the appliance 12 hours each day/night. Most of this time will come during sleep; however, you can wear it after school, take it off to eat dinner or a snack, and then put it back on during the evening hours. You may also wear it more during the day over the weekend to get more time in. The more you wear it, the better it will work!
2. Don't become discouraged if, at first, the appliance doesn't stay on all night. This is normal and within a week or two it will stay on better. It also becomes easier to put on and take off as you get the hang of it.
3. This is a quiet time appliance (watching TV, doing homework, reading, computer time, hanging around the house, etc.). No rough play, football, bike riding, etc., while wearing the appliance.
4. Bring the appliance with you to your appointments so we may check and adjust it.
5. The headgear will make the molar teeth sore at first. Usually within the first week this soreness decreases greatly, but only if you continue to wear the headgear daily. The molar teeth may also feel loose--this is to be expected and is a good sign! Take ibuprofen (Advil, Motrin) or acetaminophen (Tylenol) as needed for discomfort.
6. The headgear bands (silver rings) are cemented (glued) to the teeth with special dental adhesive. Biting into hard or sticky/chewy foods (ice, Jolly Ranchers, suckers, nuts, taffy, bubble gum, Starbursts, etc.) will crack the glue and loosen the rings. They may also cause the rings to become broken or deformed. This requires a longer appointment to repair and the use of the "yucky" glue. It can also slow your treatment progress if rings are constantly needing repair. Sugarless gum is a safe alternative to other candies.
7. Brush and floss normally around the rings. The plastic straps can be detached and the cloth head/neck strap hand washed as needed.
8. If the rings rub any sore spots, cover the offending area with the wax provided. Patients usually find that the tissues "toughen up" after a short time and wax is no longer needed. Warm salt water rinses can also be soothing.