1. **PURPOSE:** Headgear is used to move back teeth in the upper jaw and/or to slow forward jaw growth.

2. **IS HEADGEAR NECESSARY?** We would not require headgear wear if quality results could be obtained without it. Cooperation in wearing headgear will help provide the best possible result in the shortest time of treatment. Poor cooperation lengthens treatment, compromises the end result, and may necessitate avoidable tooth removal. It’s up to you!

3. **WHEN SHOULD IT BE WORN?** Headgear should be worn at least 12–14 hours every day. You should wear the headgear each night while sleeping and for enough waking hours to total a minimum of 12–14 hours. Unless otherwise instructed, wear the headgear as much as possible. The more headgear is worn, the faster the teeth move. Additional daytime wear on weekends or during school is encouraged to get ahead or make up for lost time. Remember, each night lost takes many nights to catch up.

4. **DISCOMFORT:** Some soreness of the molar teeth may occur during the first few nights. Aspirin may be taken to help you fall asleep. Intermittent wear usually causes more discomfort than constant wearing. You may feel that the molar teeth are loose. They are. That is because they are moving—terrific!

5. **GETTING STARTED:** Wear your headgear 2 hours the first day, 4 hours the second day, and then 1 hour before bed and through the night for the next 2 weeks. Thereafter, begin wearing the appliance a full 12–14 hours per day.

6. **KEEP SCORE:** You should keep a daily record of the hours your headgear is worn so you stay on schedule.

7. **WHEN SHOULD IT BE REMOVED?** Headgear should not be worn while eating, washing, or tooth brushing. *NEVER* wear headgear during rough sports or play, when it may be grabbed by a playmate, snap back, and injure the face.

8. **WHEN SHOULD YOU BRING YOUR HEADGEAR TO OUR OFFICE?** Bring your headgear and scorecard to all appointments.

9. **IF YOU ACCIDENTALLY BEND OR LOSE YOUR HEADGEAR:** Please notify our office.

10. **OTHER INSTRUCTIONS:**
    A. Always unhook the elastic strap before trying to remove the headgear.
    B. It is not necessary to wash the elastic strap or pad. We will replace them as required.
    C. Do not wear your headgear if the band to which it attaches becomes loose on the tooth. If this occurs, call our office.
    D. Insert and remove your headgear with care and according to our instructions to avoid damage to headgear or bands.
    E. Do not wiggle the bow of your headgear up and down, as damage to the bands will result.