



HEADGEAR

A headgear provides a pulling action to improve the bite and guide the growth of the face and jaws.

INSTRUCTIONS

- Begin headgear wear for 2 hours the first day and add 2 more hours for the next 5 days until you're wearing headgear 12 hours per day.
- Wear your headgear 12 hours every day for best results. **FORGETTING TO WEAR YOUR HEADGEAR WILL MAKE YOUR TREATMENT TAKE LONGER.**
- Your teeth may be tender the first few days. The tenderness will disappear as your teeth adjust to the new pressure.
- To avoid accidents to your eyes or face, remember:
 - NEVER WEAR THE HEADGEAR WHEN RUNNING, PLAYING SPORTS, OR DURING ROUGH PLAY.
 - HOLD ONTO THE FACEBOW WHILE DISCONNECTING THE STRAPS. Don't try to lift the facebow over your face.
- Bring your headgear with you to each appointment. There is a replacement fee if lost or broken.
- Call for a repair appointment if a band becomes loose and discontinue headgear wear.