

facemask

This appliance works to bring the upper jaw forward, in front of the lower jaw. The facemask attaches to an appliance inside the mouth using rubber bands.

USING YOUR APPLIANCE

It is important to wear the appliance every night to change the growth of the upper jaw and bring it in front of the lower jaw.



The appliance is generally used anywhere from 6-18 months to change how the upper jaw grows. The doctor will review how long your appliance will be used for.

As you are getting used to wearing the appliance, put it on after dinner time and wear it throughout the night. It is helpful to wear it for a few hours before you go to bed so your body has time to get used to it and allow it to be comfortable.

It is normal to have some soreness as the teeth and jaw are getting used to moving. This typically resolves in a few days to a week.

Use some lip balm or Vaseline on the lips before putting your rubber bands on to help keep your lips from getting chapped overnight.

If the pads on the appliance get worn down, you can replace them with Dr. Scholl's Moleskin® pads that you can find on Amazon or at your local drug store.

If the skin becomes dry or irritated where the pads touch, use some lotion or Vaseline to help rehydrate. Using the Dr. Scholl's Moleskin® pads can help with skin irritation too.

