

headgear

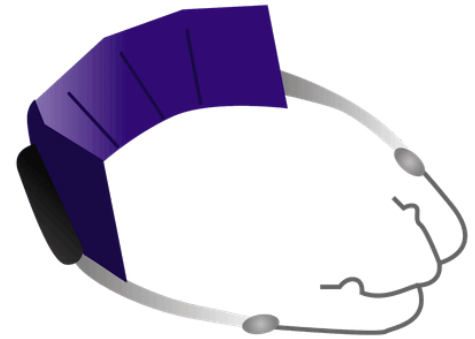
This appliance works to bring the upper jaw backward, or hold it in place, allowing the lower jaw growth to catch up. There is a metal portion (called a bow) that attaches in the mouth, springy straps on either side attach to the bow, and a padded portion that rests on the back of the head.

USING YOUR APPLIANCE

It is important to wear the appliance every night to change the growth of the upper jaw and allow the lower jaw to continue growing forward.

The appliance is generally used anywhere from 6-18 months to change how the jaws grow. 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 headgear on to help keep your lips from getting chapped overnight.

Be sure to take the headgear off before any roughhousing or other physical/vigorous activity to avoid any injuries.

