

## Headgear

The use of headgear has been prescribed to you by your orthodontist. Headgear is used to hold back the growth of your upper jaw, or to move your molars backwards. It is very important to wear your headgear regularly, following all of your orthodontist's instructions. Not wearing your headgear can lengthen your treatment time six months to one year, or even nullify the benefits altogether. The more you wear your headgear, the more comfortable you will become with how your headgear feels. Only wear your headgear during "quiet time". Do not wear your headgear during play, rough housing, pillow fighting, etc. Never allow anyone to grab your headgear!

### Putting Your Headgear On

- Place inner bow into the tubes of the molars first.
- Always insert the facebow straight, rather than angled up or down.
- Insert one side, and rotate to the second side.
- Attach one side of the facebow to the headgear strap at a time.
- Make sure you hold the center of the facebow with one hand, so the facebow won't become dislodged.

### Removing Headgear

- Hold the center of the facebow as you detach it from one side of the headgear strap at a time.
- Make sure to roll the facebow out straight, rather than angled up or down. Keep it level with the braces and teeth.

