

Dr. Shelley Lalani

Information about:

FACEMASK TREATMENT

Description:

The facemask treatment has two different parts. The first part is an upper appliance called an expander which is attaches to the upper teeth. The expander has two hooks on it which the second part attaches to. The second part is referred to as the facemask. The facemask attaches to the expander with elastics. This treatment is used for those individuals who have a lower jaw that is more protrusive than the upper jaw.

Purpose:

The goal of the facemask treatment is to increase the rate of growth of the upper jaw in order to become better positioned in relationship to the lower jaw.

Wear:

The expander portion is worn 24 hours per day because it is actually glued to the upper teeth. The facemask portion needs to be worn a minimum of 14 hours per day. This means as soon as school is finished the facemask should be attached and left on until the next morning when you wake up. It should be removed to eat supper and then immediately replaced. The average length of facemask treatment is 7-10 months.

Comfort:

If the expander portion is activated, patients notice pressure on their teeth and upper jaw for approximately 5-15 minutes after the activation. The facemask usually takes 2-3 nights of wear for each individual to become fully accustomed to wearing it. A small number of patients experience some soreness in the upper jaw for the first few nights. 400mg of Advil or Ibuprofen is recommended for this type of discomfort.

Eating:

Initially there is some awkwardness in eating and swallowing, but this soon goes away. Soft food for the first few days helps during the adjustment period. All hard and sticky foods should be avoided while the expander is in place.

Speech:

The expander can interfere with making certain sounds for the first few days. Reading out loud for 10-15 minutes each evening can help adapt to speaking with the expander in place.

Cleaning:

We recommend that you scrub the expander with your toothbrush and toothpaste after meals and before you go to bed. Your gum tissue can swell and become sore if you don't keep the edges of the expander clean.

