

Information about the:

## HEADGEAR TREATMENT

### Description:

The headgear is a removable orthodontic appliance that applies force to the upper teeth and jaw. The headgear has different parts to it. The facebow is the portion of the headgear that fits into bands on the upper molars. The facebow also attaches to a headstrap and neckstrap.

### Purpose:

The headgear has two main uses. Most commonly it is used to correct an overbite by inhibiting the forward growth of the upper jaw. Additionally it can be used to influence the position of the upper six year molars and create space for other crowded teeth.

### Wear:

The headgear needs to be worn at least **14 hours per day**. This is easily accomplished by putting it on immediately after school and wearing it throughout the evening and night while sleeping. The more the headgear is worn the faster it will do its job and the sooner you will be finished with it. If you wear the headgear less than 14 hours a day it works very slowly and for some individuals it doesn't work at all. The headgear should not be worn while eating, showering, brushing your teeth or during contact sports.

### Cleaning:

It is important to scrub the facebow with your toothbrush and toothpaste once per day so that plaque and tartar will not build up on it.

### Comfort:

Since the headgear is applying pressure to the upper molars, they often become sore for the first 3-4 days that the headgear is worn. This feeling is very common and will disappear after several days of faithful headgear wear. Those individuals who do not wear the headgear the recommended hours and days in a row will notice that their teeth continue to be sore because they haven't had the opportunity for the molars to become adapted to the pressure through regular wear. During the initial days of soreness it is recommended that 400mg of Advil or Ibuprofen be taken 1 hour prior to bedtime. This recommendation is supported in The American Journal of Orthodontics and Dentofacial Orthopedics, July 2001, issue.

### Care:

Please don't allow anyone to pull on or grab your headgear when you're wearing it. Always remove the straps prior to taking out the facebow. Please **bring your headgear to every orthodontic appointment**, as we need to check its fit and pressure and adjust it for you.

### Success:

We have achieved excellent results with the headgear when patients have worn it the recommended hours. The headgear's success is also related to an individual's growth and works well during times of highly active growth phases.

