

HEADGEAR - HIGHPULL

What does it do?

The aim of your headgear is to hold growth in one jaw until growth in the opposite jaw has caught up. The type of headgear your orthodontist has chosen for you is best suited to your bite problem. Since growth is not an instant event, headgear wear is expected to continue over an extended period, during which time it will be monitored by your orthodontist.

What will I feel?

The first few days of headgear wear you will have some discomfort- this is normal. You may have to work up to wearing it for 14 hours/day, which can take four or five days. The soreness and disrupted sleep will disappear if you persist with your appliance wear as instructed.

What should I do while the appliance is in place?

Your orthodontist has specifically adjusted the proper amount of force put on your teeth by the headgear. In order for you to achieve success with the appliance, the following instructions must be followed:

- Wear your headgear at least 14 hours/day, unless otherwise specified. You will be given a score sheet to record your hours of wear.
- Wear your headgear after school and to sleep and on weekends (school wear is not required).
- Extra hours of wear will only speed up treatment, and will not be detrimental. Weekends are excellent times to catch up lost hours or gain extra headgear wear time.
- Please report any breakages, discomfort or loss of appliance parts immediately.
- Avoid sticky and hard foods that may loosen your bands. If a band does come loose, call the office to schedule an appointment and be sure to bring your headgear with you because it will need to be adjusted. STOP wearing your headgear if you suspect that a band is loose on your tooth.
- Please bring your score sheet to your appointments and request new cards as needed.
- Please handle all parts of your appliance with care to avoid damage or breakage. Keep out of reach of pets.
- Don't wear during physical activity, sports or when it's very cold outside.
- Please bring your headgear to all appointments.



Your cooperation is critical to a successful treatment. Please contact our office if you have any further questions or concerns.