

REVERSE PULL HEADGEAR

What does it do?

The goal of your headgear is to hold growth in one jaw until growth in the opposite jaw has caught up. Your orthodontist will specifically adjust the proper amount of force put on your teeth by the headgear at every appointment.

What does my appliance look like?

- This appliance is made of a framework with two padded cup like rests that are adjusted to custom fit your face.
- This framework is attached with elastics to hooks found in the mouth that are usually part of an appliance. This appliance will be according to your customized treatment plan.

How long will I wear the appliance?

- Your goal is to wear your headgear at least 16-18 hours a day/night unless otherwise instructed by your orthodontist.
- It may take you 4-5 days to workup to the maximum required hours. You will be given a score card sheet to records your hours of wear. Please bring them to your appointment and request new ones as needed.
- Since growth is not an instant event, headgear wear is expected to continue over an extended period of time. Your orthodontist will keep you informed as to your progress.

What are my responsibilities for a successful treatment?

- It is normal for your teeth to feel sore for a few days and after each adjustment. You may take an anti-inflammatory (Ibuprofen) as needed to help you adjust.
- Disrupted sleep will disappear with persistence. Trying to wear it a couple hours before bed helps the body get used to it before going to sleep with it.
- 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.
- Avoid any hard, sticky foods or food high in sugar while appliance is in place.
- Please handle all parts of your appliance with care to avoid damage or breakage.
- It is important that you clean your teeth and bands thoroughly after eating.
- Check bands on appliance in the mouth daily to make sure they are still cemented in place. If a band does come loose, **STOP** wearing the headgear and call the office to schedule an appointment to recement the band.
- Please contact our office should your appliance become bent, loose, breaks or if it is lost.
- Please bring your headgear to **ALL** appointments.

