

CERVICAL HEADGEAR

What does it do?

The goal of your headgear is to hold growth back 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 up of two parts. A metal facebow that is custom fit specifically for your face and the direction your orthodontist wants your teeth to move. Secondly, a cloth strap that rests around your neck and attaches to the facebow.
- The strap has a safety release which can also be used to take apart the appliance when you want to wash the strap. Handwash strap in cool water and hang to dry.

How long will I wear the appliance?

- Your goal is to wear your headgear for at least 12-14 hrs/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 record 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 to 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 for 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 daily to make sure they are still cemented in place and nothing has come loose. 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 appliance become bent, loose, breaks or if it is lost.
- Please bring your headgear to **ALL** appointments.

