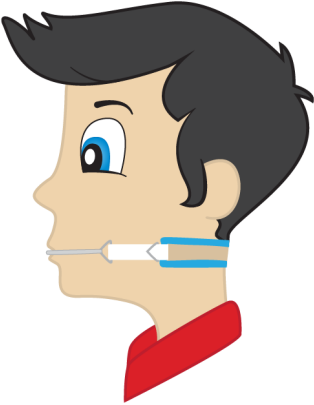
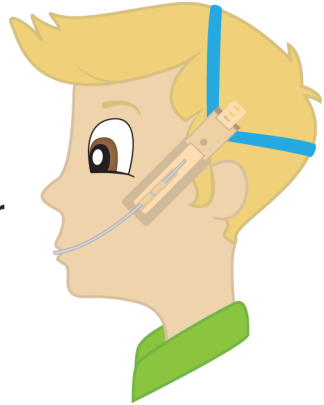


ALL ABOUT MY HEADGEAR



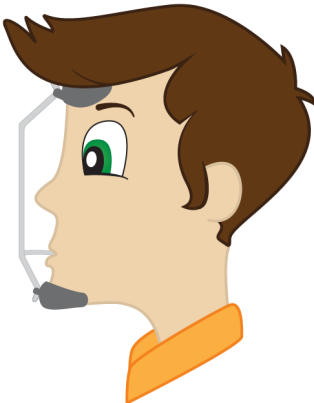
NECK STRAP TYPE

Prevents forward growth of your upper jaw and allows the lower jaw to catch up.



HEAD-CAP TYPE

Prevents downward growth of your upper jaw and allows the lower jaw to catch up.



REVERSE-PULL TYPE

Moves your upper jaw forward by pushing on your chin and forehead.

WHY SHOULD I WEAR HEADGEAR?

- Headgear corrects an overbite by holding back the growth of the upper jaw, allowing the lower jaw to catch up.
- Headgear gains space by moving the upper molars back.

WHEN SHOULD I WEAR IT?

- Headgear works best when worn 12-14 hours per day.
- Wear your Headgear every night. Missing nights means extra wear!
- Wearing your Headgear extra hours will speed up your treatment time.
- Always bring your Headgear to your appointment.

WHAT TO EXPECT

Since your Headgear will be worn while sleeping, please be patient as it will feel cumbersome for the first 3 or 4 nights. In the morning, your upper teeth may feel sensitive for a short while.

You will need to wear your Headgear for several months. It has small effects over a long period of time, but remember: **how well you wear your Headgear will determine how long you'll need to wear it and how effective it will be.**

SAFETY RULES

1. Always unhook the straps before removing your Headgear.
2. Never attempt to lift the Headgear over your face or head before unhooking.
3. Do not let your friends or siblings grab your Headgear or the safety strap.
4. Whenever you are not wearing your Headgear, keep it in the case we provide.
5. Do not wear your Headgear during rough play or sports.
6. If you lose a band or if the facebow is lost or distorted, please call the office.



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