

The headgear is an important part of your treatment, but it takes some time to get used to. Your orthodontist will inform you of the length of time you will be expected to wear the appliance on a daily basis. They may ask you to fill in a wear chart.

Why wear it?

The headgear helps to move the back teeth or hold them in position whilst the front teeth are being straightened. If you do not wear it, it may mean your teeth will be left sticking out at the end of treatment, or you will have to accept your teeth as they are. Quite often, there is no alternative.



Are there any special instructions I need to know?

Yes, the orthodontist will show you how to put the headgear on and off in a safe way. Please pay attention when being shown.

Remember:-

- Remove the headgear first before the inner bow. Never remove or fit the headgear by pulling the strap over your face or head.
- Do not wear headgear while playing sports or rough games.

- Always ensure the safety straps are in place, especially at night.
- If any part of the headgear becomes detached during sleep, contact your orthodontist as it may need to be adjusted. Stop wearing it until the adjustment has been made.
- Eye injuries have occurred on rare occasions. If this occurs, it must be treated as a medical emergency. Attend your local A & E department for an opinion as soon as possible.

It is very important that you bring your headgear with you to each appointment.

Is it painful?

Teeth can ache for about 4-5 days after the headgear has been fitted. You can take the painkillers that you may normally take for a headache. Do not stop wearing the headgear, it will get better.

Can I eat with the headgear on?

No, it is not possible to eat and drink with the headgear in place.

What about brushing my teeth?

Remove the headgear to brush your teeth. It is very important to brush your teeth regularly 2-3 times a day when you are wearing any kind of orthodontic appliances.

Continue to visit your dentist regularly for 'check ups' throughout your orthodontic treatment.

What shall I do if I have any problems wearing the headgear?

Stop wearing it and contact the department as soon as possible on:-
Tel. No:- 01633 – 234516.

Notes _____
