

## Instructions to Patients Wearing Headgear

Headgear is worn to move the upper molars backwards in order to create some space to align the rest of your teeth. It is essential that the headgear is worn consistently for approximately 12-14 hours every day. Poor headgear wear may result in the need for teeth to be extracted in order to make space to continue to align your teeth.

### Getting started...

- When the headgear is initially fitted, start by wearing the headgear for 1 or 2 hours for the first and second night, building up from there to 3 or 4 hours for a couple of nights.
- About a week after fitting, you should be able to wear your headgear throughout the evening / night, every day for between 12-14 hours.

### When should you wear it?

- Headgear should be worn while patients are studying / watching TV and sleeping during the night and must only be worn when patients are at home.
- Patients are not expected to wear the headgear if they are staying in a friend's home or if they have friends staying over.
- While wearing headgear, it is very important that you do not participate in any physical activities or horse play of any description, as this may result in serious injury.



### Don't worry ....

- It is not unusual for the teeth to feel a little tender or uncomfortable the following morning. When you remove the headgear, this discomfort will subside very quickly.

### Finally....

- If you find that you remove your headgear during the night, please mention this at your next visit. Always bring your headgear to every appointment.
- If you have any difficulties fitting or wearing your headgear please contact the surgery for advice.
- If for any reason your headgear is unduly painful or uncomfortable stop wearing it and contact the surgery for an appointment.

*Remember - It is important to see your dentist for regular check-ups during orthodontic treatment*

# DENTAL CARE

