

*A headgear appliance is a removable appliance made up of a metal part attached inside to your braces and a plastic strap that is worn around the back of the neck. The headgear is designed to work with your braces to move the upper teeth back. In many cases, it can create room for crowded teeth, helping to avoid the need for removal of permanent teeth.*

### **Headgear Instructions:**

1. Insert the "bow-arch" by placing one end only partly in the one large round tube, then place the other end in the tube on the opposite side. Now seat the bow-arch completely, gently teasing it in, never forcing it.
2. Clip on the neck band using the holes marked by the doctor.
3. Your headgear **must be** worn every night while asleep, and during enough "quiet time" hours to total 10-12 hours per day.
4. You should record the number of hours that you wear the headgear each day. This record should be brought along with the headgear each time you have an appointment.
5. Bring your headgear to the office on each visit.
6. Handle everything carefully, especially when removing it or inserting the bow-arch. If a band that is cemented to a tooth becomes loose, discontinue wearing the headgear, and call immediately for an emergency appointment.
7. Protect your headgear when not in use by keeping it in the case provided.
8. Once headgear treatment is started, it must be continued faithfully. Leaving it off just one night may make it necessary for you to wear it many additional nights later to make up for it, extending treatment time.
9. Getting used to the headgear requires your cooperation and patience. The first few days your molar teeth may be sore. We suggest you wear the headgear a few hours during the first day. Then when you are able to keep the headgear on for 4 or 5 hours, try wearing it at night. You should become used to wearing the headgear after about a week.
10. If you continue to have difficulty with the headgear after the first week, call the office for an appointment to check the headgear.

