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Success With Headgear

You are on your way to a healthy, beautiful smile! Your headgear is an important part of your orthodontic journey. The following are recommendations to help you be successful with your headgear:

- Your headgear should be worn a minimum of 14 hours every night. It can work only when you wear it -- and when you do, you'll finish this part of your treatment as quickly as possible and with the best results.
- If you have a retainer, it is important to wear it while you are wearing your headgear.
- Always be careful to remove your headgear as you were shown, otherwise the part that fits in your mouth and attaches to your teeth could injure your cheeks, lips, face or even your eyes.

Smiles for life

- Be sure to remove your headgear before you begin running or playing sports. Accidents can happen even when you're just having fun.
- Use caution in not letting anyone grab or pull on your headgear. Brothers, sisters or friends who don't wear headgear may not understand the dangers involved, even in play. We will give you instructions on the care and cleaning of your headgear. To keep the appliance working as it should, be sure to follow those instructions carefully.
- It is possible that your teeth may be sensitive or feel slightly loose the first few days you wear your headgear. Don't be discouraged. This tenderness will disappear as you adjust to the new pressures on your teeth. If you continue to be uncomfortable for more than a few days, be sure to call us and schedule an appointment to have your headgear checked.

Good Luck! Remember, this is a team effort. Together, we will get you to the end result of a healthy, beautiful smile that will last a lifetime!

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