

## Headgear/Facemask

Headgear and facemask are orthodontic appliances used to correct your bite and support proper jaw alignment and growth.

**Wear Time and Initial Adjustment:** It can take 3-5 days of consistent wear to get used to your new appliance. Mild to moderate soreness is to be expected. Ibuprofen or Tylenol is recommended for any discomfort. Remember to remove your appliance gently without jerking or wiggling to avoid loosening appliances and molar bands. It is okay to gradually adjust to your appliance by increasing wear time daily. The goal is 12-14 hours of wear time every day/night. We encourage patients to place the appliance after school/activities and wear throughout the evening and while sleeping, being sure to remove the appliance during eating and toothbrushing.

**Care:** To avoid bending or breaking the appliance, always remove the appliance before eating and never chew gum with appliance in. Teeth should be properly brushed and flossed at least 2 times per day with bedtime being the most important.

**When to Call:** If you notice anything feeling different or uncomfortable, please call the office. If a band becomes loose or comes off the tooth completely, do not insert the appliance. Place any loose bands or pieces in an envelope and bring with you to your appointment. Please do not wait to call us so we can keep your treatment time on track.

**\*Always bring your appliance with you to your orthodontic appointments\***