



ORTHODONTICS FOR CHILDREN & ADULTS

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HEADGEAR INFORMATION

Headgear is perhaps the most pure and time-honored force-delivery system in orthodontics. When properly prescribed and worn, the results of extraoral force are superior to most adjunctive orthodontic appliances, for example the Herbst appliances or Twin Block appliances.

Regrettably, headgear is probably one of the most unpopular appliances in orthodontics today. It is seldom used in many practices because of patient compliance. Patient selection is an important factor in the success of headgear.

Headgear can provide orthopedic effects without adverse reciprocal movements that frequently accompany some of the "non-compliant" and functional appliances. All this is done with only two braces on the upper molars and wearing the headgear for 12-14 hours out of 24 hours daily.

We find that many 6 – 11 year old children are usually very compliant

Having said this, I realize that some parents and patients will simply not accept the use of headgear and consequently, we all look for other ways to resolve orthodontic and orthopedic disharmonies, which might include the use of non-compliant techniques which we also have available, if indicated.



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