



# ORTHODONTICS FOR CHILDREN & ADULTS

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## HEADGEAR INSTRUCTIONS

1. Be patient – after about 2 days you will be able to get your headgear into the big hole without looking in the mirror.
2. Always undo the strap before removing the white bow that goes in your mouth.
3. Always have the black diamond facing up toward your nose.
4. Always have the headgear with the strap attached on YOUR left side.
5. Never wiggle the headgear back and forth or you will loosen the bands.
6. Always pop out one side, remove your fingers from the headgear and gently slide out the other side.
7. Get help from your parents if the headgear is stuck
8. Always keep track of your hours.
9. Always keep the headgear in its bag when not wearing it. It is expensive to replace.
10. Always make sure the bow is between your lip or pushing up on your upper lip – if not – call for an appointment.
11. Headgears do work for those who wear them correctly and long enough. If you do not wear the headgear it will not work.!!!
12. Do not wear the headgear more that the required hours.
13. Do not wear the headgear - while playing or at school or in any car or truck.

**Good Luck and remember 12 -14 hours is what you need.**

