



HILLSIDE VIEW ORTHODONTICS

BY IKEDA + RIGHELLIS

Headgear

Headgear is an appliance that helps balance your jaw growth. A strap fits around your head and/or neck and puts consistent pressure on a wire (facebow) that attaches to your braces.

WEAR

- You must wear your headgear **12 hours per day**; hours do not need to be consecutive. Different ways you can get 12 hours of wear: while sleeping, using the computer, doing your homework, reading, or watching TV.
- Teeth may get tender when you start wearing your headgear. Over-the-counter pain relievers can alleviate discomfort.

CARE

- Brush your facebow with a toothbrush and toothpaste at least once per day.
- You may also hand wash and line dry head/neck straps; please remove tension modules prior to washing.
- Please keep your headgear in its case when not wearing it.
- Keep away from pets!
- If lost, broken, or not fitting well, please call us for an appointment.

HEADGEAR SAFETY

- Always unhook the strap(s) before removing the facebow. **Never** pull the headgear over your eyes.
- If you suspect the band that your headgear attaches to is loose, discontinue headgear wear and call our office to schedule a repair appointment.
- Never wear the headgear when playing sports, riding a bike, or rough play.