



HILLSIDE VIEW ORTHODONTICS

BY IKEDA + RIGHELLIS

Reverse-pull Headgear

Reverse-pull Headgear is an appliance that helps promote forward growth of the upper jaw. A facemask fits over your forehead and the chin, and rubber bands that attach your braces to the facemask puts consistent pressure.

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.
- **New** rubber bands must be used with every use. Please asks us for more when you are running low.
- Teeth may get tender when you start wearing your headgear. Over-the-counter pain relievers can alleviate discomfort.

CARE

- Keep your headgear clean and dry.
- If you develop any skin irritation where the facemask rests on your chin, try any of these tricks: use moleskin / piece of an old T-shirt / soft, thick baby sock.
- Keep away from pets!
- If lost, broken, or not fitting well, please call us for an appointment.

HEADGEAR SAFETY

- If you suspect the hook that your rubber band 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.