

PATIENT CARE

Headgear is used to help guide the teeth and upper jaw into a better position.

Regular wear of your headgear achieves the best results. Forgetting to wear your headgear will lengthen your treatment.

In the beginning, the wear of your headgear can be minimal. This is to allow you to adjust to this new appliance. This should only be for the first week, then your headgear wear should increase gradually until you reach a minimum of **12 hours per night**.

If you are going on camp or staying over at a friend's house, you may leave your headgear at home.

Marking the number of hours you wear your headgear on your calendar will help you along the way.

You may experience some discomfort in the initial days of wearing your headgear, however this will decrease as your mouth adjusts to the changes.

Brushing with this appliance will require more care. The areas to focus on are the bands around the molars as food and plaque can be easily trapped here.

Diet

Your diet is important, and it is essential that you follow these recommendations to ensure the best outcome of your treatment:

- Avoid any hard sticky and chewy foods. These foods include lollies, chocolate bars, bubble gums, hard biscuits, ice, etc.
- Other foods to be wary of are raw fruits and vegetables (cut into bite size pieces), corn on the cob, meat off the bone, etc.
- Consumption of any food or drinks high in sugar may compromise the short term and long term health of your teeth. So any soft drinks or cola flavoured items need to be avoided to get the best result possible.

Wax

Wax is provided to you during treatment to help ease any discomfort that may occur. The braces may rub and irritate your cheeks and wax is designed to work as a band aid in these areas. Warm saltwater rinses can also help with the healing of ulcers. Give it time and your body will adjust so the presence of the braces and ulcers will lessen.

Extra Appointments

Should any issues arise during treatment, such as broken bands, we are happy to see you for an extra appointment. It is best to call ahead and

schedule an appointment for these visits. Peak times are between 3pm and 5pm so it may be difficult to see you in the late afternoon period.

For many of these appointments you will be seen by our Dental Therapist. They work alongside the Orthodontist to better care for your teeth.

Please call us with any questions or queries. We are always happy to help.

To fit your headgear

- 1. Place your elastics on hooks inside your mouth.**
Using your fingers pull your cheek away from the hooks inside your mouth so you have easy access to hook your elastics on.
- 2. Hold the headgear chin cup on the chin and the forehead pad on your forehead.**
Ensure your chin is seated in the chin pad securely and the face bow is sitting vertically across the middle of your face.
- 3. Attach elastics to crossbar as directed.**
Whilst holding the face bow with one hand, attach the elastics to the cross bar. Let go of the face bow once both elastics have been attached.



To remove your headgear

- 1. Unhook elastics from crossbar and then from the mouth.**
When removing your headgear always hold your face bow with one hand. Remove the elastic from the face bow and then remove the elastics from the hooks inside your mouth. Dispose of the elastics after use.

Important

- 1. Always be careful to remove the headgear as you were shown.**
If the headgear is removed carelessly, it may cause injury to your cheeks, lips or face.
- 2. Never try to remove the headgear until the elastics have been removed.**
- 3. Never try to lift the headgear over your face.**
- 4. Never wear headgear when running or playing sports.** These include rough and tumble games. Accidents can occur even when you are just having fun.
- 5. Never allow anyone to grab or pull on your headgear.** Brothers, sisters or friends who do not wear a headgear may not understand the dangers involved, even in play.
- 6. Remember to bring your headgear to every appointment.**