

Specialist Primary Care Orthodontic Service

HEADGEAR

Why do I have to wear headgear?

Headgear is worn to the back teeth to try and move these teeth further back, or to keep them in their present position whilst the front teeth are being straightened.

Headgear is a very important part of your treatment – failure to wear the headgear as instructed may mean your front teeth will be left sticking out at the end of treatment.

How do I use my headgear?

It is important that you follow the orthodontist's instructions – you will have been shown how to put the headgear on and how to take it off whilst in the clinic. It takes a week or so to get used to wearing it, but after that you should not experience problems.

Incorrect use of headgear may result in injury to the eyes or face.

FOLLOW THE SAFETY INFORMATION GIVEN BY YOUR ORTHODONTIST:

- 1. To fit the headgear – fit the metal face bow first to your top teeth, as shown by your orthodontist, and then support it with your fingers at the front while you connect the headgear straps.**
- 2. To remove the headgear – support the metal face bow at the front with your fingers and remove the headgear straps first, then remove the metal face bow.**
- 3. Never remove or fit the headgear in one piece by pulling the headgear over the face/head.**
- 4. Do not play sports or rough games whilst wearing it.
Do not let anybody interfere with it when you are wearing it.
Do not allow anyone to pull you by your headgear.**

Will it be painful to wear?

Your teeth may ache for 3-5 days after the headgear has been fitted – if necessary, mild painkillers such as the ones you normally take for a headache may help.

Don't stop wearing it because of toothache otherwise you will have to go through the discomfort all over again when you start wearing it once more.

A soft pillow may help with sleeping.

How long will I have to wear it for?

Follow your orthodontist's instructions – if treatment is to be successful your headgear must be worn for a **MINIMUM of 12 hours a day**. If headgear is not worn for the correct number of hours, little or no progress will be made.

The headgear must be worn both in the evenings and in bed if rapid progress is to be maintained. Use the chart given to you to record the hours your headgear is being worn. Extra time can be achieved at the weekend and during holidays, which will result in quicker treatment.

- **If the headgear detaches during sleep, stop wearing it and contact us immediately**
- **0208 934 6405 select option 1 or 2**
- **Any adjustments to your headgear must only be made by the orthodontist**
- **If you experience any problems with the headgear stop wearing it and contact us**
- **Please bring your headgear to each visit**