

## **REVERSE HEADGEAR INSTRUCTIONS**

- What it does: Brings the upper jaw forward and holds the lower jaw back.
- Wearing time: The Headgear is to be worn 12-14 hours per day. That means if you sleep 8 hours at night you only need to wear it 4-6 hours while you are awake.

The effectiveness of the appliance will increase when worn consistently for 12 hours or more.

- What to expect: The first 3 days will be the hardest for you because your teeth will be sore as they are not yet accustomed to the Headgear. Advil or Tylenol may help the first couple of days.
- Wear your Headgear as close to 14 hours in a row those first 3 days until you get used to it. You can then alternate your time during the day, but keep track of your time to be sure you are getting the full 14 hours.

It might be easier to get used to wearing the Headgear at night if you put it on an hour before bedtime.

- Care of your Headgear: Your Headgear pad may occasionally be washed in warm soapy water by hand and left to air dry.
- Additional Instructions: NEVER PLAY WITH YOUR HEADGEAR ON.

If you feel your Headgear is bent or crooked, call the office right away for an appointment so we can adjust it for you.

- If you want to spend the night at a friend's house but don't want to wear your Headgear, then you need to make up the time the following day or on the weekend. Try not to do that too often.
- Bring your Headgear with you to all of your appointments so the Doctor can adjust it for you if necessary.

**IF THERE IS ANY REASON YOU ARE UNABLE TO WEAR YOUR HEADGEAR, GIVE THE OFFICE A CALL IMMEDIATELY. DO NOT WAIT UNTIL YOUR NEXT SCHEDULED APPOINTMENT**