**HEADGEAR**

Headgear is designed to move the upper teeth and/or upper jaw backwards and to hold the back teeth in place while the front teeth are being moved back. Steady, consistent pressure is the key to successful headgear treatment. The more you wear your headgear, the shorter the treatment time will be.

Some DO’S and DON’TS…

**DO:**

1) Wear your headgear a minimum of 14 hours every day or as prescribed by Dr. Steinhoff.

2) Keep an accurate record on your scorecard of the hours you wear

 your headgear.

3) Be careful when you are attaching or removing your headgear.

-Unhook the straps before you remove the facebow from your

 mouth.

-Always hold the facebow in place while you hook and unhook

the straps.

4) Bring your headgear and the scorecard to all appointments so the headgear can be adjusted and the scorecard can be reviewed.

 5) Wash the neck and/or head strap in mild soap (Woolite) and water as needed, but remove the spring modules first. Brush the metal “facebow” part of your headgear daily with toothpaste and water.

6) If your headgear breaks or is lost, phone the office immediately

for an appointment. Be sure to bring in any pieces.

**DON’T:**

1) Don’t wear your headgear in the shower, bath or while swimming.

2) Don’t wear your headgear while “playing rough” or in any sports

where you might be bumped in the mouth (soccer, basketball, football or wrestling).

3) Don’t leave your headgear where animals, especially dogs, can reach it because they might destroy it.

 Without your cooperation with the above instructions, there can be little, if any, improvement. With good cooperation, you can achieve the maximum result in a minimum amount of time. Teamwork between the patient, the parents, and the orthodontist is essential in order to obtain the best results. If you have any questions, please do not hesitate to ask at your next appointment or call our office.