# REVERSE HEADGEAR (FACEMASK)

Headgear is designed to move the upper teeth and/or upper jaw forward and to reduce the degree of the underbite. 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 12-14 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.

-First place elastics onto the molar bands inside the mouth.

-Then stretch elastics from molar bands and attach to hooks on the front of your facemask as you securely hold mask in place.

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

5) Replace the forehead and chin pads as necessary to keep the skin from breaking down.

6) If your facemask 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 facemask in the shower, bath or while swimming.

2) Don’t wear your facemask while “playing rough” or in any sports where you might be bumped in the face (soccer, basketball, football or wrestling).

3) Don’t leave your facemask 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.