

HEADGEAR

The success of treatment is totally dependant on your co-operation



What is the purpose of headgear?

Headgear is worn to move the back teeth or to keep them in their present position whilst the front teeth are being straightened. Failure to wear headgear may mean the front teeth will be left sticking out at the end of treatment. Or the teeth may not meet properly.

Are there any instructions I need to know?

You will have already been shown how to put the headgear on in the surgery. The important points to remember are

- Remove the headgear before the inner bow. Never remove or pull the headgear in one piece by pulling the headgear over the face or head.
- Do not wear the headgear if playing sports or rough games
- At night always ensure the safety mechanisms are in place to prevent accidental removal
- **If any part of the headgear becomes detached whilst asleep stop wearing the headgear and contact us at the practice**
- Very rarely eye injuries have occurred when wearing headgear. If this should happen contact your local Accident and Emergency Department for an Ophthalmic opinion immediately.
- Bring your headgear to each appointment

Will it be painful?

Your teeth may ache for about 3-5 days after the headgear has been fitted. If you need to, take the same painkillers that you would use for a headache. It may be uncomfortable to sleep in until you get used to it.

How long do I have to wear the headgear?

It is important to wear the headgear for at least the hours specified to you. The more you wear the headgear the quicker the treatment will be complete.

Can I eat with the headgear on?

No

What about tooth brushing?

Remove it to brush your teeth.

What if I have a problem wearing my headgear?

If you have any **problems** wearing headgear e.g. the headgear or whiskers will not stay in place at night **STOP WEARING IT AND CONTACT US IMMEDIATELY**