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CARE OF YOUR HEADGEAR

1. A headgear is a removable part of your brace which fits around the back of your head or neck and connects to the brace in your mouth.
2. It consists of a few pieces as listed below and your own parts are ticked:
 - neck strap
 - headcap
 - facebow
 - snap-away clips
 - safety strap

The ends of the facebow fit into the tubes on your brace.

3. The headgear is used to move the side back teeth backwards to provide more room for the front teeth to be straightened.
4. You should wear your headgear for a minimum of ____ hours a day. You should only wear it when you are indoors, in the afternoons, evenings and when in bed.
5. If you wear it more than this minimum, your treatment will finish faster. If you do not wear it enough, treatment will not be successful.
6. In the beginning, your teeth may ache a little or may feel loose. You may find it difficult to sleep for the first few nights. It will improve once you have got used to it.
7. If you do not wear it properly as shown to you, there is a risk of damage to your mouth, face or even eyes. Always use it carefully and always with the safety system (the safety strap and snap-away clips). Do not engage in sporting activities or horseplay when wearing your headgear.
8. If your headgear becomes loose or is not fitting well anymore, **stop wearing the headgear immediately** and contact the practice to have it checked.
9. Never adjust it yourself. Remember to bring the headgear with you!