

# HEADGEAR INSTRUCTIONS

Wear the headgear at least 14 hours a day, unless instructed differently. Of course, the more you wear it, the faster your teeth will move. It must be worn each night while you sleep and for enough waking hours to add up to at least 14 hours. Remember that it's good to get headgear time while watching TV or doing homework. The first night or two may be uncomfortable.

Wear your head gear everyday. If you skip just one 14 hour period, you will have to wear it for additional time.

**BE CAREFUL WITH YOUR HEADGEAR.** Always attach the appliance to the teeth before you connect the neck strap or head cap. When removing the headgear, disconnect the neck strap or head cap **FIRST** and keep the inner bow away from your eyes.

**BE GENTLE** when inserting or removing the headgear-or you will loosen or break your appliance. If a part breaks and the headgear cannot be worn correctly, remove it and call for an emergency appointment. Also, never wear the headgear during active, body contact sports.

If your headgear uses elastics, put new ones on every Wednesday and Saturday. Discard the old elastics.

Bring the headgear to the office at every visit, so it can be checked and adjusted.