

Headgear

Instruction Guide



LIFE WITH A HEADGEAR

It will take you a few days to adjust to your headgear. If you have a fixed plate, you may find it challenging to talk, eat and drink. These things will improve quickly as you adapt to the appliance. To speed up the adaption process you can:

- Take small sips of water from a drink bottle to help with tongue placement during swallowing.
- Cut food up into smaller pieces when eating.
- Read out loud (or simply talk a lot) to help with pronunciation.

HOW LONG DO I WEAR IT FOR?

It must be worn for 12-14 hours a day (whenever at home). It does not need to be continuous so please remember to remove it when eating. The more it is worn, the quicker your treatment time and more effective the treatment will be.

SPECIAL INSTRUCTIONS FOR THE HEADGEAR

Safety is most important, especially when putting the headgear on and taking it off. Your orthodontist will show you how to fit and remove the headgear. Some important points to remember are:

- Always remove your headgear straps **before** the facebow.
- Never remove or fit the headgear in one piece by pulling it over your head.
- Do not wear it when playing contact sports or during rough play.
- If any part of your headgear comes off during sleep, stop wearing the headgear and contact us for an appointment as soon as is reasonably possible.
- Bring your headgear to every appointment.



WHAT CAN I EAT?

Sweet and acidic food and drinks are best avoided, as they can damage your teeth. It is also important to avoid eating sticky foods, as they may cause your fixed plate or bands to become loose. **For more information, please see our Food Guide.**

LOOKING AFTER YOUR HEADGEAR

You must brush your fixed plate or bands (and teeth!) twice a day for a **MINIMUM** of **2 minutes**. We will supply you with a new toothbrush and a small interdental brush that can be used around the plate.

WILL MY TEETH BE SORE?

Your teeth may be tender for the first few days after your headgear is fitted. It helps to take some mild pain relieving medication. Eating soft foods around this time will also be helpful. This discomfort usually subsides after a few days.

The facebow and neck strap can rub at first but this should only last a few days. Contact us if this doesn't improve and we'll adjust your headgear, if necessary.

WILL I NEED A MOUTHGUARD?

It is important to wear a mouthguard while playing contact sports. A pharmacy bought mouthguard can easily be adapted to fit over the fixed plate or bands.

IF YOU ARE EXPERIENCING ANY DIFFICULTIES WITH YOUR HEADGEAR
PLEASE CALL OUR CLINIC

Pure Orthodontics

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