

Reverse Pull Headgear

Information Guide



WHAT IS A REVERSE PULL HEADGEAR?

A Reverse Pull Headgear (RPHG) is a growth modifying appliance, which is designed to improve the position of the upper jaw and to correct the bite. It is usually used for people who have an underbite, a condition where the top front teeth bite behind the bottom front teeth. It is also known as a Reverse Headgear or a Facemask.

The RPHG rests on the front of the face to pull the top jaw and teeth forward. Part of it sits on the chin and another part rests on the forehead. These parts are connected by a metal frame. The metal frame is then attached by elastics to a Rapid Maxillary Expander (RME) on the top teeth, which also widens the top jaw.



HOW LONG WILL THE TREATMENT TAKE?

The RPHG is usually worn for a period of 12-18 months, or until the desired result is achieved. It must be worn for 12-14 hours a day, whenever at home. The more it is worn, the quicker and more effective the treatment will be.

WILL I STILL NEED BRACES OR CLEAR ALIGNERS?

Most children who have a RPHG will go on to have braces or aligners at a later date. A RPHG can only improve the position of the jaw and correct an under-bite. Braces or aligners are needed to straighten rotated, crooked or spaced teeth.



APPOINTMENT SCHEDULE

A couple of appointments are required to custom make and insert the RPHG.

Appointment 1: Intra-oral Scan (10 mins)

A 3-D digital scan is taken of the teeth and forwarded to a local laboratory where the RME is made with a combination of 3-D printing and traditional laboratory techniques.

Appointment 2: Inserting the RME and starting the RPHG (30 mins)

The teeth are polished and the RME is cemented to the teeth with a dental adhesive. A parent or guardian will be shown how to turn the expansion screw.

The RPHG is adjusted to fit the patient, who is shown how to put in on and take it off. Care instructions are also given.

Subsequent appointments with the orthodontist are usually scheduled every two weeks until the desired amount of expansion has been achieved. After this, follow ups are scheduled every 8-10 weeks.

ADJUSTING TO LIFE WITH A REVERSE PULL HEADGEAR

With any new appliance, there is a period of adaptation. It can be challenging to talk, eat and drink, but with practice improves rapidly.

There is usually some discomfort for the first few days after the RPHG has been fitted and this can comprise muscle discomfort and occasionally some tenderness in the teeth the RME rests on. Some people may also temporarily develop mouth ulcers. Mild pain relieving medication can be taken, if required.

Sweet and acidic food and drinks are best avoided, as they can damage the teeth. It is also important to avoid eating sticky foods, as they can cause the RME to become loose.

Pure Orthodontics

Phone: 9370 3155 | www.pureorthodontics.com.au | **email** info@pureorthodontics.com.au

