



## **HEADGEAR APPLIANCE (NIGHT BRACE)**

*This appliance is used to reduce protrusion of upper teeth, decrease crowding of teeth and alter or control growth of the upper jaw.*

1. Take care while inserting and removing the headgear so that you do not bend or alter the headgear bow (the metal part that inserts into the mouth) or loosen a molar band (where the headgear inserts into).
2. If the molar band, which is cemented to the molar teeth, becomes loose, stop wearing the headgear and call the office to have the band recemented. Call as soon as possible so that treatment is not delayed.
3. Keep the appliance in the case, in a protected place, when not in use. Keep it out of the reach of pets. The neckband is washable. Keeping the neckband clean will diminish the risk of irritation and rashes on the neck. Some patients have placed a sock over the neckband if neck irritation develops.
4. Bring your headgear to the office EVERY VISIT! The doctor will want to adjust the headgear and check that it fits properly at every visit.
5. Your mouth must become accommodated to wearing the appliance. Start gradually. FIRST DAY- wear the appliance for 3 hours. SECOND DAY- wear 6 hours. THIRD DAY- wear 9 hours. FOURTH DAY- wear 12 hours. After the fourth day the appliance should be worn 14 hours a day.
6. Headgear should be worn at night when you go to bed, and any other times in the day to make up extra hours needed. It does not have to be worn all at the same time. Wear it while doing homework, watching TV, or listening to music.
7. DO NOT wear your headgear during active or potentially rough playtimes. You could injure your mouth or other oral structures.
8. The first day or two may be uncomfortable, but after that you should not experience much discomfort. In the morning, the teeth on which pressure has been applied may be sore for a short time. If discomfort arises you may take Ibuprofen (Advil) or Tylenol to alleviate any discomfort.
9. Once headgear wear is initiated it must be adhered to continuously. At this stage of treatment, good headgear wear will insure proper treatment results. If the headgear is not worn each and everyday for the prescribed time, orthodontic treatment is lengthened and final results can be compromised.

*Our goal is to complete treatment in the shortest possible time, and that can only be done with your cooperation.*