

Headgear

The Face Changer

What's this thing in my face all about?

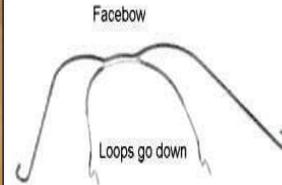
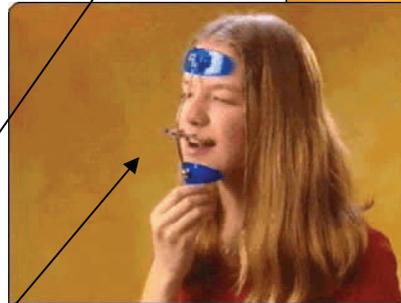
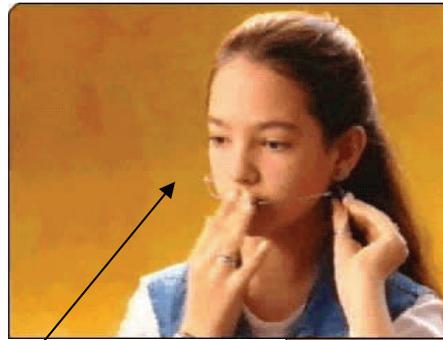
Headgear is an orthodontic appliance that helps straighten your teeth and jaws. When your top and bottom jaw bones don't fit together as they should, the headgear works while you are still growing to help make them fit better. It also acts as the anchor guy in the tug of war game we play with your teeth. You see, as we move your front teeth back we need to hold your back teeth in place. That's a job for the headgear.

SOME COMMON STYLES:

Neckgear – the front metal wire or facebow that fits into tubes on your molar bands and connects with a strap which fits around your neck. This strap is tight ened over time to put pressure on the jaws.

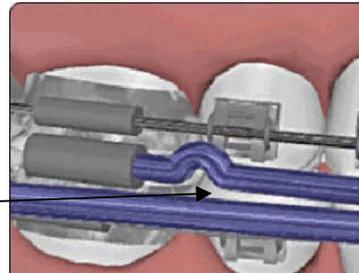
Hi-Pull– same as a neckgear but instead of the strap around your neck it goes on top of your head. This type can also be connected to Twin Blocks and Bite blocks instead of to teeth.

Reverse Pull – as the name implies this style of headgear pulls the top jaw in an opposite direction from the other types. Top and bottom pads hold a bar in front of your face while elastic bands connect to your back braces to pull the top jaw forward.



Tube on molar band

Facebow



IMPORTANT SAFETY TIPS

1. Always unhook the strap with one hand while holding the front of the bow with the other hand.
2. Never pull your headgear over your eyes.
3. Never use force when putting on or taking off headgear.
4. Never play sports or ride a bike while wearing headgear. Remove your headgear any time that there's a chance it'll get pulled.

**SERIOUS INJURY TO FACE AND EYES
MAY RESULT FROM IMPROPER USE.**

INSTRUCTIONS

Please follow these rules carefully or this thing in your face JUST WON'T WORK-OK?

- WEAR it as prescribed. If we ask you to get 12-14 hours each day, please try to get exactly these number of hours. No, we are not trying to make your life miserable, but the headgear will not work if worn for less than 1/2 of the day. For the first week your teeth **will** be sore. Some over-the-counter pain relievers can help. The MORE you wear it the LESS it will hurt!
- BE consistent. Headgear works faster and better when worn the same amount EACH day. Wear your headgear when you get home from school, while using a computer, doing homework, watching TV or playing video games. This should add up to about 4 hours each day. Wear it ONLY inside. Never outside.
- Sleeping is a great time to wear your headgear to get the remaining 8 to 10 hours required each day. It will take some adjustment to learn to sleep with it so don't be discouraged.
- Proper removal of the facebow will prevent damage to the strap and your molar bands. **PLEASE** do not twist the white plastic straps on the neckgear while fitting or removing them. **ALWAYS** squeeze the metal bow while removing it from your mouth. Then gently slide out one side of the facebow from the tube on the molar band. Then slide the other side out. This method of removal will reduce the number of loose molar bands you will get and reduce the number of appointments you will need.
- Remove the headgear for eating main meals but try to leave it on for snacks.
- Remember to put your headgear in its case when you are not wearing it. This way you won't lose any of the parts and the dog won't use it as a chew toy.
- Brush the metal facebow each time you brush your teeth. After a period of time the neckstrap will get dirty. Wash the foam pad with soap and water to keep it clean
- **ALWAYS** bring your headgear to each visit.



DR. STEPHEN C. GURZA
ORTHODONTIST

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