

Headgear is used to guide the teeth and jaw into a more ideal position. Consistent wear of your headgear will ensure the best result. It is recommended that you wear your headgear for 10-12 hours per night. We have provided you with a calendar so that you can easily mark the number of hours of daily headgear wear. If you are going on camp or staying at friend's house then you may have a break from your headgear. Initially your mouth will feel different. This is normal and any discomfort you may feel after insertion will subside within a few days. If headgear wear is inconsistent the teeth do not have a chance to get used to it. This will cause discomfort and lengthen your overall treatment time.

#### **To Fit Your Headgear**

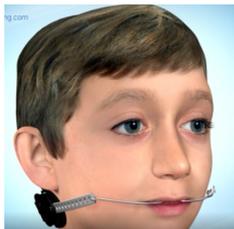
1. Insert headgear face bow into the molar tubes as directed and ensure the loops are facing down towards your toes. Use your finger to move your cheek out of the way for easy access.
2. Place the neck strap against the back of your neck with the cushion side against your skin.
3. Hold the face bow and stretch the neck strap forward one side at a time and hook the rubber over the hook. Always hook into the 3<sup>rd</sup> hole unless otherwise instructed. Repeat on the other side

#### **To remove your headgear**

1. Unhook the elastic off the face bow. When removing your headgear always hold the face bow with one hand.

#### **Important**

1. Always be careful to remove the headgear as instructed
2. Never try to remove the headgear unless the neck strap has been removed
3. Never wear headgear when running or playing sports
4. Never allow anyone to grab or pull at your headgear
5. Remember to bring your headgear to every appointment



## **Oral Hygiene**

Good oral hygiene is important as there are more areas for food and plaque to become trapped now that an appliance has been inserted. Correct brushing is very important to clean the difficult and hard to reach areas around the molars and roof of your mouth. Ideally you should be brushing your teeth for 3 minutes, 3 times per day.

## **Diet**

Your diet is important now that your appliance has been inserted. To ensure the best possible treatment journey please follow these recommendations:

- Avoid any hard, sticky and chewy foods. Eg. Lollies, chocolate bars, bubble gum, toffee, hard biscuits, etc.
- Raw fruits, vegetables and noodles should be cut into small bite sized pieces. Corn removed from the cob and meat removed from the bone prior to consumption.
- Consumption of any foods or drinks with high sugar or high acidity are to be avoided to ensure the long term health of your teeth Eg. Soft drinks, fruit drinks, energy drinks, etc.

## **Wax**

Wax is provided to you throughout treatment to help ease any discomfort your appliance may be causing you. Your appliance may rub against your lips and cheeks causing irritation or ulcers. The wax provided can be placed on the appliance to reduce your discomfort in the affected areas. Warm salt water rinses can aid in increasing the healing process. As treatment progresses, the presence of these irritations will reduce.

## **Extra Appointments**

Should issues arise throughout treatment and you require an appointment please contact our practice on (03) 9796 2794. It is important to call ahead to schedule an appointment as our peak times are between 3pm and 5pm, and we may not be able to accommodate you at your desired time. For many of these appointments you will be seen by our Dental Therapist. They work alongside our Orthodontists to ensure we can provide more comprehensive care to our patients.