

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 get used to it and they will cause discomfort and lengthen your overall treatment time.

To Fit Your Headgear

1. Place your elastics on the hooks attached to the headgear by using your fingers to move your cheek away from the hooks for easy access. Hook one end of the elastic on to the hook.
2. Place the headgear on the chin and forehead. Ensure both pads are well seated and sitting vertically across the face
3. Attach the elastics to the crossbar as directed. To do this, ensure you are holding the face bow stable with one hand. And attach the elastics to the bar. Let go of the face bow once elastics are attached securely.

To remove your headgear

1. Unhook the elastics from the crossbar and then from the hooks in the mouth. When removing your headgear always hold the face bow with one hand. Dispose of the elastics after use.

Important

2. Always be careful to remove the headgear as instructed
3. Never try to remove the headgear unless the elastics have been removed
4. Never wear headgear when running or playing sports
5. Never allow anyone to grab or pull at your headgear
6. Remember to bring your headgear to every appointment as it may need to be adjusted





South East Orthodontics

REVERSE PULL HEADGEAR

Oral Hygiene

Good oral hygiene is important as there are more areas for food and plaque to become trapped with new appliances in your mouth. Correct brushing is very important to clean the difficult to reach areas, especially along the gum line.

- Brush your teeth 3 times per day
- Use your interdental brush (Christmas tree brush) daily
- Floss as often as possible
- Using disclosing tablets will help you maintain good brushing. Disclosing tablets will stain areas which need further cleaning.

Diet

Your diet is important now 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 and vegetables 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 is to be avoided to ensure the long term health of your teeth Eg. Soft drinks, fruit drinks, energy drinks, etc.

Wax

Wax is provided for you to help ease any discomfort your appliance may be causing you. Your appliance may rub against your lips and cheeks causing irritation or ulcers and the wax acts similarly to a band aid. 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.