

# ROBISON

## ORTHODONTICS

### HEADGEAR

Today is the beginning of an important new phase in your orthodontic treatment. We have custom fit a special headgear just for you!

In order for your teeth to move properly, it is important that you wear your headgear **12 HOURS PER DAY**. It will supply the light forces needed to reposition the teeth and jaws.

You won't need to wear your headgear to school. Wear it while you sleep (usually 8 hours) and around home in the evening for the additional few hours. Never wear during sports or when running. Never allow anyone to grab or pull on your headgear.

Some temporary discomfort may be experienced in the first few days. However, when you continue to wear your headgear, it will become comfortable in a short time. Wearing the headgear sporadically or every few days will cause discomfort as the teeth are stretched back and forth. In addition, tooth movement will not be able to occur and treatment time will be extended. Keep your wear consistent!

Please **BRING YOUR HEADGEAR TO EACH APPOINTMENT** so we may make any necessary adjustments. You should alternate advancing the headgear strap on the right side and then on the left side (1 side per month) to continue tooth movement.

If your headgear should get bent and unable to wear, or lost, or the bands to which the headgear is attached become loose, please call our office for an appointment. Your headgear neck strap can be cleaned via soapy water.

If your headgear is worn as recommended, you'll be surprised how quickly your treatment will progress and possibly shorten your overall time in braces. Let's work together so that soon you will have a beautiful smile and healthy teeth. Turn your smile around!