



2991 Treat Blvd., Ste. F • Concord, CA 94518 • (925) 689-4790

HEADGEAR AND NECKGEAR INSTRUCTION

The purpose of the appliance is to reduce the “overbite” and establish a proper jaw relationship to create a more favorable foundation for the permanent teeth.

The headgear or neckgear should be worn ~14 hours each day. We prefer that you do not wear it to school, so the best time to wear the appliance is in the afternoon, evening, and while sleeping. A good rule of thumb is to put the headgear or the neckgear on anytime that you are at home. Consistent wear of the headgear or the neckgear will achieve the desired tooth movements and keep the treatment on schedule.

Headgear or neckgear should not be worn while playing sports, running or swimming. Also, remove the appliance when eating, drinking or brushing.

The back teeth upon which the headgear or neckgear attaches will become sensitive during the first few days following the delivery of the appliance. This sensitivity will subside with consistent wear.

Please clean the metal facebow daily by brushing it with toothbrush and toothpaste. The neck pad should be laundered periodically by removing the white straps and machine washing in cold water. Tumble dry on lower heat.

Please bring the headgear or neckgear to every appointment so we can check for proper fit and comfort.

If one of the metal bands becomes loose on the back teeth, the appliance should not be worn. Please call the office as soon as possible to schedule an appointment to recement the band and readjust the headgear or neckgear if necessary. If you have any questions, please give us a call.

THANK YOU FOR YOUR COOPERATION!

CAUTION – Your headgear or neckgear is not a toy. Careless placement can result in serious injury to your mouth or face. Do not allow anyone to tamper with your appliance while it is being worn. Ask one of your parents to assist you if you are having difficulty placing or removing your headgear or neckgear.