



ENGINEERING SPECTACULAR SMILES WITH SUPERIOR SERVICE FOR AMAZING PATIENTS®

PROTRACTION HEADGEAR INFORMATION

The appliance your child has received today goes by many names, including facebow, protraction headgear, facemask, and night brace. Regardless of name, the goal is often the same to enhance relative growth of the upper jaw forward (a reduction of the Class III bite), thus permitting a more harmonious fit with the lower jaw.

Our success will depend equally on your child's good growth and good cooperation. We cannot control growth but you can control the amount of time the headgear is worn. If Class III growth continues and/or poor headgear wear happen together and the jaw imbalance persists, a mutual decision will be made to either leave the bite off or pursue alternate treatments. These treatments can include extractions of teeth and/or jaw surgery. Be sure to bring your headgear to every appointment.

PLACEMENT TIPS

- Pads must rest squarely on the forehead and chin
- Always hold the headgear in place when securing the rubber bands which cross-over the midline when in place.

GETTING USED TO YOUR HEADGEAR

- Discomfort during the first weeks is mild as you slowly adjust to wearing your appliance.
- Wear your headgear to bed every night and when at home using the provided elastics. Your goal is 14 hours of wear each day. Wear when watching TV, doing homework, talking on the phone, etc...
- Sleep on your back to avoid unwanted forces on the headgear, we understand this takes getting used.
- The weekend after turns on your palatal expander have stopped you will be required to wear your headgear 24 hours. This period will begin on a Friday afternoon and continue until Monday morning. During this time you cannot remove the headgear for any extended period of time. During this time only, you will wear a different set of rubber bands provided by us. After this weekend you will return to wearing your normal elastics only 14 hours a day again.

REMOVAL TIPS

- Remember the removal sequence is the exact reverse from placement.
- **Always disconnect the rubber bands before removing the headgear to avoid eye injury.**
- Gently removing your facebow will prevent dislodging bands and brackets.

SAFETY TIPS

- Never play with the headgear when inside or outside your mouth.
- Never wear the appliance outside the home.
- Never let anyone grab or hold the headgear when you are wearing it.
- Stop wearing the appliance if it is distorted or not fitting correctly and call the office immediately.

For more information about this treatment and Papandreas Orthodontics please visit our website at www.DrPapandreas.com. As part of our team, please do your best so we can achieve the best!