

KATHLEEN  
**VALENCIA**  
ORTHODONTICS



## HEADGEAR INSTRUCTIONS

This headgear or neck strap is technically an extra-oral device or an appliance that extends outside the mouth. The inside wire is called the dental bow and the outside portion is called the face bow.

The orthodontist prescribes this device with light force to prevent the upper teeth from moving forward. Heavier tension is employed to move the upper molar teeth backward and alter the growth of the upper jaw into a more favorable direction. This appliance therefore is an orthopedic appliance with the general objective of correcting the basic framework of the face. **In order to accomplish this objective it must be worn every day at least 12-14 hours.** The necessity for regular wearing cannot be over emphasized.

Care should be exerted in inserting the dental bow and removing it. After the teeth have moved, the bar will shift to a lower or higher position. At this time the gear should be adjusted. You should call for an appointment when this occurs, especially, if told that this is the particular manner in which the adjustment was made when you left the office. If the face bow hits the front teeth, please inform us.

Headgear is NOT to be worn during contact sports, such as football, soccer, basketball, etc.

Headgear is not a toy, do not play with it.

Treatment of this kind is usually pleasant and the results are immensely gratifying. It is our sincere hope that the service with this appliance will be beneficial to all concerned.