



Delaware Smile Center

Family Orthodontics

ORTHODONTIC FACE MASK INSTRUCTIONS

- It is normal for your child to experience some initial discomfort with the face mask. This discomfort is only temporary and will subside after regular use.
- When worn on a regular basis, the face mask will become easier and more comfortable for your child to wear. Tell your child to hang in there!
- The face mask should be worn 12 to 14 hours every day. It should not be worn less than 12 hours per day. The teeth and jaws will not move if the appliance is not worn every day for the required amount of time.
- Have your child wear the appliance every night after dinner, before going to bed. Instruct your child not to wear the appliance during rough play, sports or any time it can be pulled off.
- Always bring the face mask to every appointment so that Dr. Sophie can check its fit and make any adjustments. Be sure to let us know if you are running low on rubber bands.
- If you have any questions about your child's facemask, please don't hesitate to call our office.