



Delaware Smile Center

Family Orthodontics

ORTHODONTIC HEADGEAR INSTRUCTIONS

- It is normal to experience some initial discomfort with the headgear. This discomfort is only temporary and will subside after regular use.
- When worn on a regular basis, the headgear will become easier and more comfortable for you to wear. Hang in there!
- The headgear 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.
- Avoid eating anything hard, sticky or chewy such as gum, caramels and candy. Eating hard, sticky or chewy foods can loosen the bands attached to your teeth. If you notice a band is loose please call our office right away so that we can re-cement it.
- Wear the appliance every night after dinner, before going to bed. Do not wear the appliance to school, during rough play, sports or any time it can be pulled off.
- Always bring the headgear to every appointment so that Dr. Sophie can check its fit and make any adjustments.
- If you have any questions about your headgear, please don't hesitate to call our office!