



## HEADGEAR

**WHY IS MY CHILD BEING TREATED WITH HEADGEAR?** Growth of your child's face normally occurs with a forward movement of the upper and lower jaws, but sometimes this growth is not equal. If there is over-growth of the upper jaw or under-growth of the lower jaw, this often translates to an "overbite" and/or "overjet" and sometimes facial disharmony. Headgear uses external pressure to limit the growth of the upper jaw, so that as the lower jaw continues to grow, a more balanced relationship will develop.

**CAN WE DO THE HEADGEAR LATER, WHEN MY CHILD IS A TEENAGER?** Orthopedic jaw change can only be accomplished in younger, growing patients.

### HOW TO WEAR THE HEADGEAR:

**DAY 1 (TODAY):** Start wearing the headgear at tension level \_\_\_\_\_ for 1-2 hours.

**THEN:** Add 1-2 hours of wear each day for the next week during after school and evening hours. (ex, Day Two: 2-3 hours, Day Three: 3-4 hours, etc.)

As you become accustomed to the tension level, and to keep the headgear fitting snugly, increase the tension level by one number on one side at a time.

When the headgear is being worn for 6 daytime hours (by Day 5 or 6), switch to wearing it through the night. Try to time your first night for the weekend (a non-school night) in case sleeping patterns are affected. Depending on the number of hours of successful night-time wear, some additional daytime hours are needed to get to a total of 12-14 hours of wear every 24 hours. Of course the more you wear it, the faster your teeth will move!

Regular wear will ensure the best results for your treatment. Failure to follow the guidelines may result in longer required time of wear and/or poor results.

Please **bring your headgear to every appointment**, so Dr. Dueckman and Dr. Felty can check and adjust the fit of your headgear for proper results and

comfort.

Remember to remove headgear:

- During meals
- When brushing your teeth
- While playing sports or any activity that includes running or physical contact

**Please contact the office if the headgear is fitting differently or if you feel pain or discomfort (other than mild muscle fatigue).**

**Abbotsford  
Orthodontics**

**#103 1925 McCallum Road  
Abbotsford BC V2S 3N2**

**604.854.3236**

**[www.LetUsMakeYouSmile.ca](http://www.LetUsMakeYouSmile.ca)**