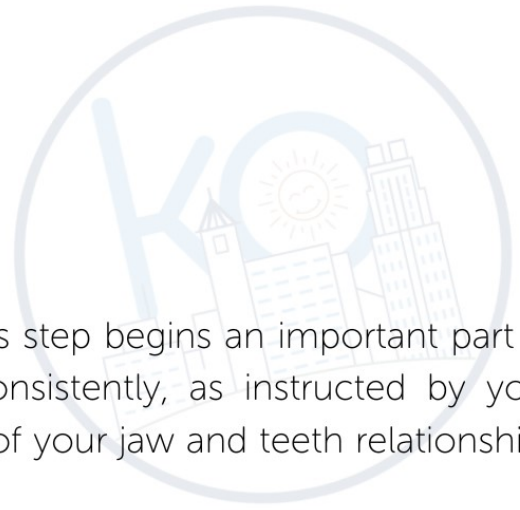


# Welcome to HEADGEAR



You have now been fitted for your headgear, and this step begins an important part of your treatment. The headgear should be worn consistently, as instructed by your orthodontist. This will achieve maximum correction of your jaw and teeth relationships in the shortest treatment time.

Wear your headgear at least \_\_\_\_\_ hours every day! Headgear can be worn at night and/or during the day during down time, to achieve the maximum wear instructed.

## WHAT TO EXPECT

When placing or removing the headgear from the teeth, use patience and gentle force. This will prevent loosening the cement and band that is attached to your teeth.

You DO NOT need to wear your headgear during school hours or during sports. The headgear should stay at home in a safe place to prevent losing it or breakage.

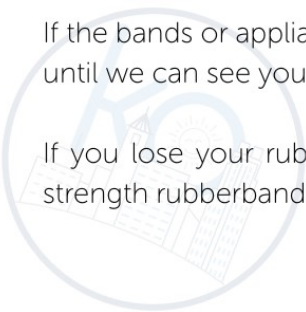
Some soreness may occur during the first few days of headgear wear. This is normal and can be treated with NSAIDs as needed. Consistent wear of the headgear will minimize the duration of discomfort.



## WHAT TO DO

If the bands or appliance in your mouth become dislodged or come out completely, you can stop the wear until we can see you in our office to refit the appliance. Please call our office to be scheduled for a repair.

If you lose your rubber bands, call our office and we will ensure you get more of the correct type and strength rubberbands.



Orthodontic emergencies are rare! If you have any after-hours concerns regarding comfort, please call our office number and follow the prompts to leave a detailed message with our on-call clinical assistant. You will be promptly contacted regarding your concern. For non-urgent needs/questions, send an email to [admin@keyserortho.com](mailto:admin@keyserortho.com) - emails will be responded to on the next business day.

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