

Headgear Instructions

Occasionally in addition to braces special appliances are needed to move teeth and jaws in to the desired position. A Headgear is worn partly outside the mouth. Our office will give you instructions on your particular headgear. Please wear for the recommended time in order to obtain the desired result.

You have been given a:

- a) Cervical headgear
- b) High pull headgear
- c) Reverse pull headgear

Please wear your headgear every day during the:

Daytime _____ Night time _____ for _____ (time)

We will evaluate your progress at your periodic visits. You will feel some discomfort. Soft diet, Advil helps. Remember to bring it to your orthodontic appointments. Please call us if you need any help with wearing it. Remember if we work together we can achieve our goal: your beautiful smile!