

## **HOW TO USE HEADGEAR**

Just a note to let you know that we have reached the stage of treatment where I have asked you to help me and yourself by wearing an appliance called headgear or night braces.

This appliance attaches to the upper teeth and exerts a backward pull on the upper arch by means of an elastic band around the back of the neck.

The purpose of the headgear is to apply a backward pressure on the upper teeth in order to keep the midface and upper jaw area from growing as far forward and as fast as it might do otherwise. With this type of procedure, I attempt to restrain the forward growth tendency in the upper jaw while waiting and hoping for good lower jaw growth. Additional growth in the lower jaw will reduce the amount of protrusion.

The necessity for regular wearing cannot be over- emphasized. The headgear should be worn for a minimum of **twelve** hours out of every twenty-four hours. Most patients put the headgear on in the evening so that twelve hours of wearing time can be achieved before arising the next morning. Additional wearing is permissible and desirable. It might pay off in the form of shorter treatment time or better and more esthetic end result.

I would appreciate your giving me all the cooperation possible. Since orthodontic treatment has to be a slow process, some of my patients often tend to run out of gas. I don't want this to happen to you.

I will appreciate your help and interest in this part of treatment. If you should have any questions or need more information regarding this matter, I invite you to call or come in at the next appointment for a conference with me.

Please remember not to wear the headgear while engaged in active sports or activities.

**David H. Reiss, D. M. D.**