



---

# ortho info from rto

---

## H E A D G E A R

Headgear is an added force that will move your teeth to their proper position.

*Now that you are wearing a headgear we need your full cooperation wearing it as instructed, otherwise the headgear will not work. It's up to you now; you are playing a big part in creating the smile of your life.*

Your Headgear must be worn **at least 12 hours a day.**

To build up to this, wear it:

- 4 hours the first day
- 8 hours the second day
- 12 hours the third day

The best time to wear your headgear is during quiet times . . . immediately after school while doing homework, watching television, and while sleeping.

To avoid serious injury:

- Never wear while playing active sports
- Never wear while riding in an automobile
- **Don't let anyone pull or play with it at all!**

Some temporary discomfort may be experienced during the first night or two. Your upper molars may become tender and even seem a little loose. This is normal and will subside.

Remember, **DO NOT** miss any days; you can put yourself behind schedule . . . for one day lost it takes **THREE** to catch up.

*Please bring your headgear to every appointment so it may be adjusted to assure a proper fit.*

