

HEADGEAR

Important advice

How to wear your headgear:

- Please read carefully and keep safe
- Wear your headgear as instructed by your orthodontist. If you are unsure how to wear it ask for advice
- Your orthodontist has advised you how many hours a day your headgear needs to be worn. This is usually a minimum of 12 hours per day
- Always remove the headcap before the inner bow
- Never remove or fit the headgear in one piece by pulling the headcap over the face/head
- Always ensure all safety mechanisms are in working order
- You must bring your headgear to each appointment

Discomfort:

- Some discomfort in the first week is normal. You can help this by taking painkillers you would usually take for a headache. Do not stop wearing the headgear
- If the appliance is causing sore areas on your lips or cheeks, orthodontic wax can be used to relieve the discomfort and allow healing

Breakages:

- If the headgear breaks or is giving you severe prolonged discomfort, stop wearing **immediately** it and contact the practice
- Try to identify the problem before calling us to allow us to offer you the appropriate advice. This may avoid an unnecessary and inconvenient visit
- Frequent breakages will prolong the length of your treatment

Sports:

- Do not wear your headgear while playing sports
- A mouthguard needs to be worn for all contact sports

Dental check-ups:

- You need to carry on seeing your regular dentist for check-ups throughout your orthodontic treatment

Stop wearing the headgear if:

- Any of the safety mechanisms cannot be used properly
- If the headgear becomes detached during the night
- If it feels loose

YOUR HEADGEAR IS PERFECTLY SAFE AND SECURE AS LONG AS THE SAFETY MECHANISMS ARE USED CORRECTLY AND YOU FOLLOW THE ADVICE GIVEN

IF ANY PART OF THE INNER BOW TOUCHES YOUR EYES AT ANY POINT THIS IS AN EMERGENCY. YOU MUST ATTEND A&E IMMEDIATELY AS THIS MAY CAUSE PERMANENT DAMAGE TO YOUR EYESIGHT AND IN SOME CASES HAS CAUSED BLINDNESS

For more information please visit:

www.neo-orthodontics.co.uk