

HEADGEAR INSTRUCTIONS

1. Insert the facebow as instructed. The loops usually point down.
2. Always treat the headgear gently especially when removing and inserting the appliance.
3. Tighten the neckstrap once a reasonable level of comfort is obtained. The optimum force will be gained when the springs reveal the number sixteen (16) – this is ounces of force, but gradually move up to this force level.
4. If your teeth become mobile or very sore, the strap is too tight and should be loosened.
5. Wear the headgear a minimum of twelve (12) hours per day. Any less will result in minimal improvement. More than twelve (12) hours will normally speed movement.
6. Bring the headgear to all appointments unless directed otherwise.
7. You may have slight discomfort on the first one or two nights. After this initial tenderness, the appliance should be very comfortable and should be well tolerated.

REMEMBER:

PROGRESS = AMOUNT OF WEAR

