

Wearing headgear may take a week or so to get used to, after that you shouldn't experience any problems. Wear your headgear all the time you are indoors and all through the night. The more you wear your headgear the more comfortable it will become. You may find that your teeth are tender when you first wake up, but this will soon subside.

Fill in your progress chart every day aiming to wear your headgear for a minimum of 12 hours every day, achieving an average of 14 hours per day or 98 hours per week.

## Safety Information

Wearing headgear is an important part of your orthodontic treatment, to ensure you achieve a great result from your treatment it's important you follow the safety information below and any specific advice from your orthodontist.

- Do not take part in any sport whilst wearing your headgear.
- Do not let anybody interfere with your headgear.
- When removing your headgear, remove the head cap before the inner bow. Never remove or fit your headgear in one piece by pulling the headgear over the face or head.
- If any part of your appliance becomes detached during sleep, stop wearing your headgear and contact your orthodontist as soon as possible.
- Any adjustments to your headgear must be made by your orthodontist. Remember to bring your headgear to every appointment so this can be done.

If you have any problems wearing your headgear please contact your orthodontist for advice.

