



Jarosz & Valente Orthodontics, P.C.

Practice Limited to Orthodontics

Children & Adults

[www.jvortho.com](http://www.jvortho.com)

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## Headgear

### **What it does:**

The headgear is designed to move your molar teeth back so you can make room for the rest of the teeth in your mouth. It is also beneficial in reducing protrusion of the upper front teeth.

### **Wearing time:**

The headgear is to be worn 12 – 14 hours per day. That means if you sleep 10 hours at night you only need to wear it 2 – 4 hours while you are awake; sleeping time counts. The 12 -14 hours do not need to be in a row (consecutive). So even wearing it for short periods of time is O.K. Just as long as your total hours are 12 -14 hours per day.

Please keep track of your wearing time with the scorecard we give to you.

Your molars generally will not begin to move until you reach the 12-hour mark. Between 12 and 14 hours is when you will be getting the most movement. If you can ever wear the headgear for more than 14 hours, please do. Your teeth will move faster.

### **What to expect:**

The first 3 days will be the hardest for you. Your teeth will be sore, as they are not yet accustomed to the headgear. Advil or Tylenol may help the first couple of days.

Wear your headgear as close to 14 hours in a row those first 3 days until you get used to it. You can then alternate your time during the day, but be sure to keep track of your time so that you are getting the full 12 – 14 hours

It might be easier to get used to wearing the headgear at night if you put it on 1 – 2 hours before bedtime.

### **Care of your headgear:**

Your headgear pad may occasionally be washed in warm sudsy water by hand and left to air dry.

### **Additional instructions: NEVER PLAY WITH YOUR HEADGEAR ON.**

If you feel your headgear is crooked or bent, call the office and schedule an appointment to come in so we can adjust it for you.

If you want to spend the night at a friend's house but don't want to wear your headgear, it is OK as long as you make the time up the following day or on the weekend. Try not to do that too often.

**BRING YOUR HEADGEAR WITH YOU FOR EACH VISIT** so the Doctor can adjust it for you.

Also, bring your scorecard with you.

**IF THERE IS ANY REASON YOU ARE UNABLE TO WEAR YOUR HEADGEAR, GIVE THE OFFICE A CALL IMMEDIATELY (DURING OUR NORMAL BUSINESS HOURS) TO SCHEDULE AN APPOINTMENT.**