
POWER & PRYSE

ORTHODONTICS

Welcome to your new Smile Journey!

There are a few things you should know about your new Orthodontic headgear. Its purpose is to assist in achieving the best possible correction of your orthodontic problem. Headgear creates special forces that guide the growth of the face and jaws. It can also be used to move the molars into better positions or to keep them from moving forward.

Regular Use is Key

Regular use of the headgear as directed will achieve the best result. That is why it is very important to precisely follow the doctor's instructions on the number of hours per day that you should wear your headgear.

Remember Your Headgear

Always bring your headgear with you to each appointment. It is frequently forgotten when you come directly from school to your appointment because you usually do not wear it at school. If you do show up for your appointment without it, we will likely need to reschedule you to another time.

Always Be Careful

Orthodontic headgear must be removed carefully as instructed by the doctor. Typically, do not try to remove the facebow until the strap is undone. If it is removed carelessly, injuries can occur. Remember to not remove the facebow until the strap has been disconnected and to not lift the facebow over your face.

What to Expect

When you first start wearing your headgear, your teeth may feel tender or even loose the first few days. The tenderness will disappear as you adjust to the new pressure, so do not be discouraged. Tylenol can be administered to help with any discomfort.

If tenderness is present after a few days of wearing your headgear, we ask that you give us a call. The bands that hook your headgear may become due to diet or pulling a little too rough when putting on and off your headgear.