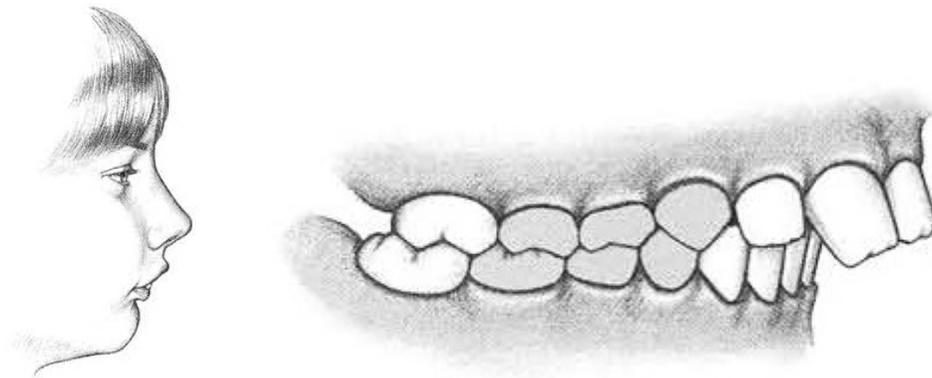


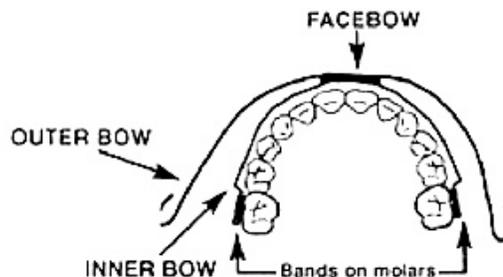
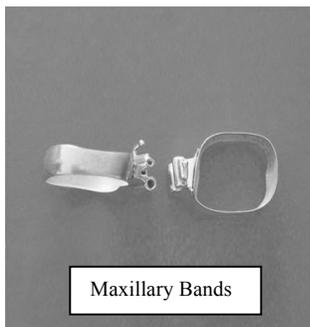
HEADGEAR

One of the problems faced by many patients is an excessive overjet. Outside the dental profession, this is commonly referred to as an excessive overbite. Patients notice the upper teeth are well ahead of the lower teeth. They may also have a difficult time keeping their lips together. Depending on the severity of this excess overjet, patients may have difficulty chewing or speaking properly. Reasons for this can be both genetic and developmental. One situation is when the upper jaw grows too much and/or the lower jaw does not grow enough. To reduce the excessive overjet, a headgear also known as a nightbrace can be worn. Used at the appropriate time when growth still remains, the headgear reduces the overjet, advances the lower jaw, restricts the growth of the upper jaw, and improves the patient's overall facial profile.



What Is A Headgear And How Does It Work:

Headgear consists of two appliances: intraoral maxillary bands and an extraoral facebow. The bands are cemented to the upper molars and contain a tube into which the facebow is inserted. A strap with an elastic spring mechanism anchors the facebow to the back of the neck and applies pressure to the outer bow of the headgear. This pressure slows or stops the forward growth of the upper jaw. The doctor will determine to amount of pressure needed to correct the jaw and tooth discrepancy.





What You Will See:

During the use of the headgear, you will notice the gap between the upper and lower teeth reducing as the lower jaw continues to grow forward. You will also see your facial profile improve as the chin becomes a little more prominent and match the upper jaw.

How It Feels:

As the headgear holds the upper jaw from growing forward, you will feel a slight backwards pressure on the upper jaw, cheeks, and teeth. Any discomfort that you may experience will last approximately 3-7 days. Mild over-the-counter pain relieving medication such as Tylenol, Advil, or Motrin is very effective in making you comfortable. Chewing and speaking may improve as the overjet is reduced.

How Long Will I Need To Wear The Headgear

The length of time the headgear is needed depends on the severity of the overjet. Typically, the appliances will be worn for approximately 9-12 months and at least 14 hours per day. The pressure level will be adjusted by the doctor every 6-8 weeks.

Instructions:

- Connect one side of the strap to the outer facebow.
- Slide the inner metal bows into the large round tubes on the molar bands. You should be able to easily slide in both the left and right tubes without forcing it in.
- Place a finger in the middle of the bow near your front teeth so the facebow does not slip out of the tubes.
- Gently pull and connect the other strap to the outer facebow at the hole suggested by the doctor.
- To remove, unhook one of the straps and slide the facebow forward out of the tubes.
- Do not wiggle the facebow from side to side to remove it, because it may loosen up the anchor bands.
- Never wear it running or playing sports.
- Do not allow anyone to grab or pull on your headgear or neck strap.
- Eat softer, non-sticky foods to prevent loosening the appliance.
- Wear headgear at least 14 hour per day for effectiveness.
- Check daily for loose bands.

Breakage And Potential Problems:

Minor issues may occur while wearing the headgear. Please call the office if you have any questions, problems, or concerns. Before you can get to the office, the following remedies may help you get comfortable.

- If the *bands become unglued*, gently push the bands back onto the tooth and avoid eating on that side of your mouth until the doctor cements it. Do not try to cement it back by yourself. Do not use the facebow while the bands are loose.
- If a *cheek is irritated*, place wax on the hooks of the bands and place Ora-base on your irritated cheek.
- If a *metal weld becomes broken*, place wax over the area and call our office to schedule a repair appointment. Please bring any loose parts from the breakage. A new headgear or band may be needed.