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Headgear Treatment

Headgear therapy is used for one type of early bite correction. It consists of placing bands (metal rings) around the upper six-year molars to act as anchors into which the headgear fits.

The headgear appliance is used in cases where the upper teeth and/or jaw are too far forward. The headgear slows the upper jaw's forward growth and allows the lower jaw to "catch up" by developing at its natural rate during the period of early facial growth. Some amount of backward tooth movement in the upper jaw also occurs.

Patient's responsibilities and general information

1. Wear the appliance an average of 14 to 24 hours per day as instructed by Dr. Adams. It takes 10 hours to start the affects of the headgear. Averaging less than 10 hours of average wear nets no progress. If Sally wears her headgear only 12 hours per day, she makes 2 hours of progress daily. If Jon wears his 16 hours per day, he makes 6 hours of progress daily (3 times as much progress as Sally!). Therefore theoretically, Sally will have to wear her headgear 3 times as long as Jon to achieve the same result. Headgear wear can be intermittent and does not need to be continuous to reach your daily requirement.

2. Some temporary discomfort may be experienced during the first day or two of headgear wear. The patient will re-experience this period of discomfort if days of wear are skipped. If sleep is interrupted, please give children's Tylenol during this transient period.

3. Once headgear treatment has started, one must avoid missing days of wear. Wear the headgear at least the number of hours prescribed by Dr. Adams. If you leave it off for just one night, you may extend your treatment unnecessarily.

4. Use the "score card" provided to track the number of hours you wear the appliance each day and night.

The patient is required to bring their headgear and score card to each visit. [THIS IS IMPORTANT!](#)

5. **DO NOT wear your headgear during rough play and sports.** This could result in injury to your face, mouth, teeth, or eyes.

6. Handle the appliance carefully, especially when removing or inserting the inner bow. NEVER try to pull the headgear off without first unhooking the strap which is attached to the wire outer bow. If the face bow gets bent or doesn't fit properly, call the office and discontinue wear until it can be adjusted.

7. If anyone should ever grab the headgear for any reason, grab their hand and ask them to release the headgear before you release their hand. There is a safety release for your protection but this release requires a fairly strong "tug" to disconnect.

8. If a band which is cemented to a tooth and attaches to the headgear comes loose, call the office. Please discontinue wearing the appliance until the band can be recemented.

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