



www.thackerortho.com

(513) 232-1600

(937) 393-2600

THACKER ORTHODONTICS

1057 Nimitzview Drive • Cincinnati, OH 45230 321 Chillicothe Ave, Suite C • Hillsboro, OH 45133

HEADGEAR

PURPOSE OF THE APPLIANCE:

The headgear is used to create space by moving molars backwards..

- The headgear is typically worn for 4 to 8 months.
- The headgear is removable and is typically worn 10 to 12 hours each night.

ADJUSTMENT EXPECTATIONS:

Adjustment to the Headgear may take 7-10 days.

- Insert facebow into holes on the bands of the upper molars while gently squeezing loops on either side of facebow.
- Do not twist or force bow while inserting or removing.
- Always hold facebow steady while hooking the head strap in the appropriate holes.
- Expect facebow to feel tight while wearing.

DISCOMFORT:

You will experience some discomfort of the teeth and cheeks.

- Take Ibuprofen or non-aspirin pain medication as you would for a headache.
- Oral rinsing with warm salt water will help the adjustment.
- Mouth breathing while wearing the appliance may cause dry lips, using chapstick will help.

HOME CARE:

- Brush 3-4 times each day with a soft toothbrush using a circular motion.
- The fabric headband may be hand washed and hung to dry.
- Use your fluoride nightly as directed.

SPECIAL ISSUES:

It is important to limit activity while wearing headgear. Running, jumping, wrestling etc. could cause injury.

- The plastic strap has an attachment that can “break away” from the fabric head band if stressed, this is a safety feature. It can be reattached by pressing the clip back onto the plastic module.
- Wear headgear several hours in the evening before trying to sleep with it each night.
- Sleep lying on you back to prevent the appliance from pressing into the cheek, propping pillows on either side of you head may help.
- Bring your headgear and scorecard to each orthodontic appointment.
- Keep headgear away from small children and pets.

GOOD LUCK ON YOUR ROAD TO A NEW SMILE!!