

# Headgears



## Cervical, high pull and combi

- ◆ A Headgear is a removable appliance that provides a special force that braces alone cannot. This force is **orthopedic in nature** and is used to guide the growth of the teeth, face, and jaws.
- ◆ **Cervical Headgear** is used to slow down the growth of the upper jaw while allowing the lower jaw to “catch up”. The upper molars are also moved back in the arch to provide room to reposition the upper teeth and alleviate a “buck toothed” appearance.
- ◆ **High Pull Headgear** is used to help close (or maintain closure of) an open bite by intruding the upper first molars **and** moving them back in the arch. An orthopedic benefit is also achieved by using the high pull headgear.
- ◆ **Combi Headgear** is a combination of the cervical **and** high pull used together to achieve both types of movement.
- ◆ The Headgear needs to be worn for a **minimum of 12 hours a day**. The hours it is worn while sleeping do count in that total. *The more it is worn the better it will work.*
- ◆ Slight *soreness* of the teeth may occur and this soreness will subside within *5-7 days*. Advil or Tylenol will help minimize the discomfort.
- ◆ Sometimes the teeth the Headgear is attached to will become loose, *this is normal*, and is actually a sign of good cooperation.
- ◆ Sleeping with a Headgear can be tricky if you are used to sleeping on your stomach. Switching to your back or side, and trying to use two or more pillows will help overcome this obstacle.
- ◆ Please **do not** wear the Headgear during physical activity.
- ◆ If the portion of the appliance that is permanently cemented in place becomes loose, **please call the office**.
- ◆ Please **bring your Headgear to each visit** so we can adjust it and make sure that it is working properly.