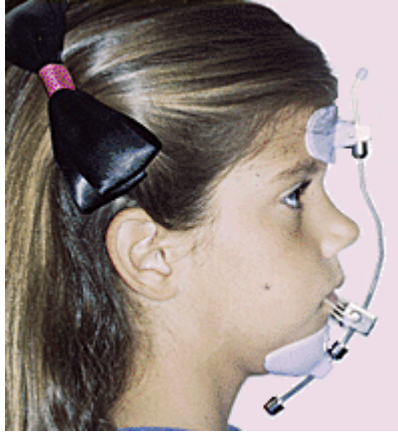


# Reverse Headgear



- ◆ The Reverse Headgear is a removable appliance that provides a special force that braces alone cannot. This force is **orthopedic in nature** and is used to slow the growth of the lower jaw and encourage the growth potential of the upper jaw.
- ◆ In a large majority of cases the Reverse Headgear can prevent the need for orthognathic jaw surgery at a later date.
- ◆ 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.
- ◆ The rubber bands (that attach the reverse headgear to the hooks on the intraoral appliance cemented in place on the upper arch) should be **changed daily** to insure a consistent force.
- ◆ Sleeping with a Headgear can be *tricky* if you are used to sleeping on your stomach. Either switching to your back or trying to use two or more pillows will help overcome this obstacle.
- ◆ Please **do not** wear the Headgear during *physical play*.
- ◆ If the portion of the appliance that is permanently cemented in your mouth should become 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.

Keep in mind that each visit is one  
step closer to a brighter smile!