

## HEADGEAR WEAR

- Your headgear should be worn a minimum of 14 hours a day.
- Do not wear your headgear while playing contact sports. Do not wear your headgear when bike riding or skateboarding.
- Do not make any adjustments on your headgear and do not play with it.
- Bring your headgear into the office every visit, even if it means that you bring your headgear to school on the day of your appointment.
- Let us know right away if you have any problems with your headgear (not fitting, loose strap, if it breaks or bends).
- Your upper molars may feel a little loose or sore. This is because your headgear is moving these teeth. Usually the soreness will go away after a few days of faithful wear 14 hours or more.
- Always wear the white safety strap when wearing the headgear.
- Remember the more hours you wear your headgear, the more you will benefit from it.