

# Headgear Instructions

You have now been fitted with your headgear, and this step begins an important part of your treatment.

The headgear should be worn faithfully as instructed in order that we might achieve maximum correction of your teeth in the shortest treatment time.

Here is some information regarding your headgear:

- When placing or removing the headgear from the teeth, use patience and gentle force. This will prevent loosening the cement and the band that is attached to your tooth.
- Wear the headgear at least **14 hours** during each 24-hour day unless you have been instructed otherwise.
- Do not wear your headgear when engaging in active sports. Serious damage could result to your face and jaw.
- Some soreness in the teeth may be felt during the first few days of headgear wear. Consistent, daily wear will minimize the amount and duration of discomfort.
- Sporadic headgear wear or skipping days causes more discomfort and slows down the progress of your treatment. Consistent, daily headgear wear will move the teeth faster, and will be more comfortable.
- Bring your headgear to every appointment, even emergency appointments, so that it can be checked and adjusted.

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