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INSTRUCTIONS FOR USE OF YOUR HEADGEAR

1. The use of your headgear is very important in orthodontic correction of your teeth. It requires your utmost cooperation in wearing it as instructed by the doctor.
2. Your headgear should be worn for a minimum of 10 hours per 24 hour day. Therefore, it must be worn each night and for several hours during the day or evening. These hours need not interfere with after school playtime, since the headgear can be worn while doing homework, watching television, or listening to the radio.
3. Some people may experience some initial discomfort for a few days with their headgear, but this will pass with steady wear.
4. If you have difficulties keeping your headgear on at night, let us know as it may need to be adjusted.
5. There are times when wearing your headgear can be dangerous for you and result in serious injury. **DO NOT** "rough house" or "horse around" with your headgear on. Remove your headgear for all physical activities.
6. Bring your headgear to the office for every appointment so we can check its fit.

If you have any questions that need to be answered please feel free to call our office at 272-4242 or you may email Dr. Housley at drhousley@owassoorthodontics.com or Dr. Dobson at drdobson@owassoorthodontics.com

THANK YOU,

DR. HOUSLEY, DR. DOBSON, AND STAFF