
Headgear Instructions

Good cooperation is needed to achieve a good result! Headgear can restrain your upper jaw growth and allow the lower jaw to “catch up”.

- The headgear only works while you are wearing it. The headgear should be worn at least 14 hours a day, unless instructed otherwise.
- Be consistent! Wearing the headgear for a long period one day and skipping the next will not reach the goal. Most patients begin headgear wear after school and continue until breakfast. However, you can wear the headgear any time of day or night.
- The scorecard helps determine the effectiveness of the headgear. Please keep an accurate record of the number of hours the headgear is worn.
- It will likely take a few days to become accustomed to the headgear. Your headgear will then become much easier to place and more comfortable with consistent wear.
- Use care—gently guide the headgear into and out of the band tubes. Always remove the strap before removing the face bow.
- Do not wear the headgear while participating in activities that could incur facial contact.
- If any part of your headgear or bands become loose or bent discontinue wear and call the office to schedule a repair appointment. Store the headgear in the case provided to prevent loss or breakage. Wash occasionally with soap and water.
- Bring the headgear and scorecard to each appointment.
- Do not eat or chew: ice, hard candy, bubble gum, sticky or chewy foods.
- If you have any questions, please do not hesitate to contact the office.

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