
Reverse Pull Headgear Instructions

Good cooperation is needed to achieve a good result! Reverse Pull Headgear supplies the force to move your teeth and jaws toward their proper position.

- 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. Bring your scorecard to each appointment.
- 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 attach and remove the headgear.
- Do not wear the headgear while playing sports or activities that could incur facial contact.
- If any part of your headgear, brackets or bands become loose or bent discontinue wear and call the office to schedule a repair appointment. Bring the headgear to each appointment for adjustment.
- Do not eat or chew: ice, hard candy, bubble gum, sticky or chewy foods.
- If you should ever have any questions, please do not hesitate to contact the office.

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