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Instructions for Wearing Your Headgear

You play an important role in the creation of your new smile. Patient cooperation can affect the length of treatment and the quality of the final outcome, so please follow our instructions carefully and contact us if you have any questions or concerns.

Dental hygiene is particularly critical while you are wearing braces—brush your teeth several times a day and see your dentist every six months for a check-up and professional cleaning. Avoid sticky, hard, and chewy foods.

If you have an after-hours emergency, call our office at 978-369-3690 and follow the instructions on our recorded message.

Your headgear helps guide the growth of your teeth and jaws so that your teeth can fit together correctly.

- Put on and take off your headgear carefully, the way we showed you.
- Never play roughly while wearing your headgear.
- The headgear strap will come off if pulled too hard.
- The headgear strap may be machine-washed.
- Bring your headgear to each appointment so that we may check and adjust it.
- When you first start wearing the headgear, it is normal for your teeth to feel sore and for your bite to feel different. Over-the-counter pain relievers usually help. As you continue wearing the headgear regularly, the soreness will subside.
- You may remove the headgear for eating, sports, and cleaning your teeth.
- The headgear must be worn for the prescribed amount of time to be effective.
- Please wear your headgear:
 - 8 – 10 hours per day
 - 10 – 12 hours per day
 - 12 – 14 hours per day