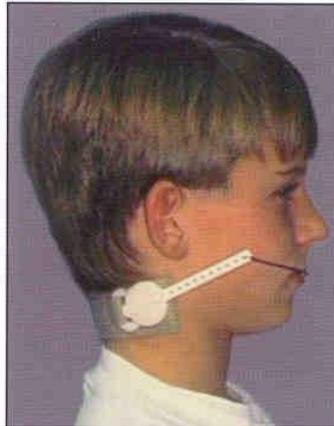


VIRTUOSUM

Dr Sean O'Callaghan
BDSC (MELB), CERT ORTH (CWRU), MSD (CWRU) CLEVELAND USA

Headgear



What Function Does The Headgear Perform?

One of the ways Dr O'Callaghan is going to move your jawbones and teeth is through the use of an appliance called headgear. It helps move your teeth in a way that cannot be accomplished with braces alone. The headgear provides a force, which creates more room for crowded teeth or anchors the molars during treatment.

Remember, the more you wear your headgear, the better it works!

What is Headgear?

Headgear is made up of three parts:

1. Bands which are metal rings that are placed around your upper first molar teeth.
 2. A face-bow which fits into the tubes in your bands around your first molar teeth.
 3. A neck strap which hooks into the face-bow to be fitted around your neck or on top of your head.
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How Do We Fit The Headgear?

1. Separators will be placed between your upper molar teeth to create space for the bands.
2. Once this space has been created, the separators will be removed.
3. Everyone has different sized teeth, so it is important to find a band to specifically fit your teeth. This band will then be fitted to your upper back molar teeth.
4. The face-bow is adjusted to fit into these bands.
5. The neck strap is attached to obtain the correct pressure.

Cleaning My Teeth With Headgear

- Always remove your headgear prior to brushing your teeth
- Tilt your toothbrush 45° on the gum line, between where the band and the gum line intersect.
- Rotate your toothbrush in a circular motion ten times
- Always remember to brush the inside and outside of the bands
- Remember to brush and floss the rest of your teeth normally
- The face-bow should be cleaned daily with a toothbrush
- If the strap becomes soiled, the clips may be removed and the strap washed in the washing machine

It is extremely important to keep the bands around your back molars meticulously clean. If food is not effectively removed, it may cause dental decay and gum problems.

Important Issues Regarding My Headgear

- Always bring your headgear to each orthodontic appointment.
- Always hold the headgear firmly in position when connecting the straps.
- Never remove the headgear until the straps have been disconnected.
- Never attempt to lift the headgear over your face.
- Never wear the headgear while running or playing sport.
- Never allow anyone to grab or pull on your headgear.
- Never attempt to repair or straighten the headgear if it becomes bent or damaged.
- Never wear your headgear if your bands become loose.
- Practice removing and inserting your headgear without any assistance from Mum or Dad.
- Never wear your headgear to bed unless you are capable of removing the headgear by yourself!
- Never sleep on your stomach while you are wearing your headgear. You should be able to find a comfortable position on your back or side.

Wearing My Headgear

- Your teeth may be tender or even feel slightly loose during the first few days the headgear is worn. This is extremely common and the tenderness will disappear as you adjust to this sensation.
- If the headgear is not worn continuously, your teeth are likely to remain sore and the headgear will not perform its desired function.

How Often Should I Wear My Headgear?

1. First Week: One hour per night prior to bedtime. Do not wear your headgear while you are sleeping.
2. Second Week: Two hours per night prior to bedtime. Do not wear your headgear while you are sleeping.
3. Third Week: Three hours per night prior to bedtime. Do not wear your headgear while you are sleeping.
4. Fourth Week: Three to Four hours per night prior to bedtime. Do not wear your headgear while you are sleeping.
5. Fifth Week: You will have an appointment with Dr O'Callaghan to monitor your progress with the headgear
6. The headgear will now be worn at least fourteen hours per day. You will now wear your headgear to bed while you are sleeping if you are able to remove it unassisted.

What Should I Eat Now that I have Headgear?

- You *should not* eat main meals with your headgear in your mouth. The metal bands that are attached to your back teeth are delicate and easily damaged. In caring for your appliances, it is important that you are careful with what you eat so that you do not damage your appliances.

- **Please avoid:**

Sticky Foods such as caramels, toffee and chewing gum etc.

Hard Foods such as hard-boiled lollies, popcorn and nuts etc.

Sweet Drinks such as Coke, Diet Coke, Pepsi, Diet Pepsi and any sports drinks

Chewing such foods as ice, ice-cubes, chop bones and chicken bones.

It is important to have a healthy, well balanced diet, including plenty of fruits and vegetables. Even if some foods are hard and crunchy such as stone fruits, apples and carrots, these may be cut into small pieces and chewed on your back teeth.

Frequently Asked Questions



1. Should I eat while I am wearing my headgear?
 - You are able to wear your headgear to have a snack, but it is preferable for you to remove your headgear during main meals. After you have finished your meal and brushed your teeth, replace your headgear immediately
2. What should I do if my band becomes loose or my headgear is bent?
 - Do not wear your headgear or attempt to replace the band. Please call Dr O'Callaghan's Rooms to make an appointment.
3. How should I sleep with my headgear?
 - Do not sleep on your stomach. You should be able to find a comfortable position to sleep on your back or side.

What Happens If I Break My Appliance?

- Broken or dislodged appliances are likely to occur from time to time during your orthodontic treatment. If there is any disturbance such as loose bands, broken or poking wires, please call our Rooms and we will evaluate the urgency of your problem and schedule an appointment accordingly. In fairness to the other scheduled patients, we are **unable** to see you for unscheduled appointments **before or after** school. These appointments will need to be made during school hours.