



Headgear & Neckgear

Do...

- Wear your headgear/neckgear for the time requested to keep your treatment on track
- Expect your gear to make your teeth sore for the first couple of nights
- Wear your gear consistently to prevent continued discomfort
- Brush your facebow (metal portion of gear) when you take it out in the morning
- Call our office immediately if your gear does not slide into place easily or is lost
- Bring your gear to all appointments so that it may be adjusted as necessary
- Keep your gear away from pets

Don't...

- Ever wear your gear during active sports or rough housing
- Wiggle your gear up and down to remove



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