



Headgear/Night Brace Instructions

This appliance is used in cases where the upper teeth or jaw are too far forward.

- Wear HG a minimum of 12-14 hours every day. HG does not have to be worn a consecutive 14 hours. It can be worn a minimum of 1 hour at a time, as long as it equals 12-14 per day.
- Do not wear HG during rough play or sports. This could result in injury to you.
- Some temporary discomfort may be experienced during the first night or two. Molar teeth may become tender and even a little loose. This is normal. Take Tylenol or Advil for any discomfort.
- When not wearing your HG, please keep it in the case we give you. If the facebow of your HG becomes lost or bent, please call us.
- Never try to pull the HG off without first un-hooking the safety strap.
- Please place and remove the HG the same way we taught you. If you have questions, please give our office a call. Thank you.

