

## All About the HEADGEAR (Extra-Oral Traction, or “night brace”)

### Description:

The Headgear appliances are comprised of a stainless steel Facebow and a nylon strap that attaches around the top of the head or the back of the neck with elastic modules to deliver the light, continuous force necessary to aid in modification of a patient’s skeletal growth and dental development.

### Usage:

The body does most of its daily growth roughly between 6 PM and 6 AM—the greatest degree of headgear wear between those hours tends to yield the best results. Placing the appliance before or immediately following dinner up until snack/bathing and then all night will optimize results.

### Cleaning:

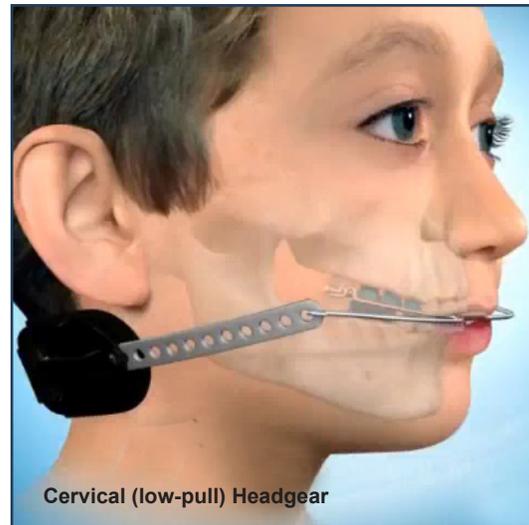
The Facebow can be cleaned with toothpaste and a toothbrush and the head/neck straps do not usually require cleaning.

### What to Expect:

As with any appliance, there is a short adjustment period as the teeth may experience some minor soreness as the body acclimates to the appliance. We suggest increasing time with the appliance gradually starting with 1 hour and adding an hour per day until the patient is comfortable with wearing the appliance for the desired interval. Any standard pain medication can help during the adjustment period but is not necessary thereafter.

### Remember:

If the appliance is placed immediately before bed, it can often create more soreness than is necessary, prompting “unconscious” removal by the patient. Placement of the appliance as early in the evening as possible is key to success!!



Cervical (low-pull) Headgear

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Occipital (high-pull) Headgear

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