BOZEK
ORTHODONTICS

HEADGEAR

- Headgear is worn to allow lower jaw growth and maintain upper jaw growth.
- Headgear is worn for approximately 6-9 months if you wear it for 12-14 hours a day. For the first week you may build up to 12 hours wear.
- It can be worn around the house and over night.
- Remove your headgear for brushing and eating.
- NO HORSE PLAY while your headgear is in.
- If bands become loose or you are having trouble fitting your headgear, stop wearing it and call our office.
- Please record on the calendar chart the hours of wear each day.

***Bring your headgear and calendar to each visit.**

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