# Headgear

Your treatment will help correct slow growth of the lower jaw and hopefully avoid the need for extractions or surgery. This headgear works by holding back the growth of your top teeth and jaw while allowing the forward growth of your lower jaw.

The most important part of this appliance is continuous wear each session. A minimum of 12 to 14 hours is necessary per day to be successful. The headgear can be taken off to eat and brush. However, this time should not exceed 30 minutes.

Please wear appliance after school, all night, and in the morning until you leave for school. It is good to exceed 14 hours of wear, especially on weekends.

Remember that consistent wear for the recommended time is the best way to shorten your time with the headgear.

Please mark each day you wear HG and hours:

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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**Please bring your headgear and this sheet back with you at every visit. Thank you!**

Today's date: _____

If you ever have questions about your appliance, never hesitate to ask your orthodontist. We want to ensure that your orthodontic journey is as smooth as possible.