

### What about tooth brushing?

You should remove the headgear to brush your teeth. It is important that you brush your teeth for at least 2 minutes, twice a day. Use a fluoride toothpaste. If possible, carry a brush with you for use after lunch. To further protect the teeth use an alcohol-free fluoride mouthrinse daily at a different time to when you brush your teeth. Avoid eating or rinsing for 20 minutes after use.

Sugary snacks/drinks and poor cleaning of your teeth and appliance will lead to permanent damage to your teeth.

### Can I eat with the headgear on?

**No.** It will not be possible for you to eat and drink with the protraction headgear in place. You will need to remove it for meal times.

### How often do I need an appointment?

You will need regular appointments (about every 6-8 weeks) to review the progress of your protraction headgear.

### Please bring your protraction headgear with you to every visit

### Do I still need to see my regular dentist?

Yes. It will be important for you to continue to have check-ups with your regular dentist throughout orthodontic treatment so that your teeth can be checked for decay.

### What should I do if there is any problem with the protraction headgear?

If you have any problems with the headgear, contact your orthodontist as soon as is reasonably possible to arrange an appointment. Do not wait for your next routine appointment as the problem may slow your treatment or cause damage to your teeth.

#### REMEMBER

- The more you wear the protraction headgear the quicker the treatment will be.
- Follow the instructions from your orthodontist for putting on and removing the protraction headgear.
- Contact your orthodontist as soon as reasonably possible if the protraction headgear is broken or comes off at night.
- Brush your teeth for 2 minutes at least twice each day.
- Please bring your headgear with you to every visit.

The day time telephone number you should contact if you have a problem with your protection headgear is:

Tel.....

This leaflet has been produced with guidance from the Plain English Campaign and British Dyslexia Association to make it easier for you to read

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Patient Information Leaflet

## PROTRACTION HEADGEAR

# BOS

BRITISH ORTHODONTIC SOCIETY

Registered Charity No 1073464 www.bos.org.uk

Your orthodontist has suggested that you need to wear protraction headgear. You may have some questions you would like answered.

### What is protraction headgear?

This is sometimes called reverse headgear or a facemask. It rests on the front of your face to pull the top jaw and teeth forwards. It is usually used for people who have the top front teeth biting behind the bottom front teeth. It has a part that sits on the chin and another resting on the forehead which are connected by a metal frame. The metal frame is then attached by elastics to a removable or fixed brace on your top teeth. It is sometimes used with a brace to widen the top jaw.



Protraction headgear pulling the top teeth and jaws forwards



Improvement of the teeth with protraction headgear

### Why do I wear protraction headgear?

It will pull the top jaw and teeth forward so the top front teeth bite in front of the bottom front teeth.

### How long will I wear protraction headgear for?

It must be worn for about 14 hours a day. The more it is worn the quicker the treatment will be.

The average length of time you will need to wear it is 6 to 18 months.

### Will I need another brace later?

After treatment with your protraction headgear, it is likely that you will need to have further brace treatment when you are older to straighten your teeth.

### Is protraction headgear painful?

Your teeth may feel sore for 3-5 days after the protraction headgear is fitted. If painful, simple painkillers such as those you would normally take for a headache should be used – please follow the instructions on the packet.

You may experience pressure on the chin and forehead at first but this should only last a few days. Tell your orthodontist if the protraction headgear is rubbing so it can be adjusted if necessary.

### Are there any special instructions?

Yes. Safety is most important, especially when putting the headgear on and taking it off. Your orthodontist will show you how to fit and remove the protraction headgear. You must follow these instructions carefully.

Important points to remember are:

- Always remove the elastics before the metal frame.
- Do not wear it when playing contact sports or during rough games.
- Change the elastics every day.
- If any part of the protraction headgear comes off during sleep, stop wearing the protraction headgear and ring up your orthodontist for an appointment as soon as is reasonably possible. Do not wait for your next routine appointment.
- Bring your headgear to every appointment and tell your orthodontist if there are any problems.