



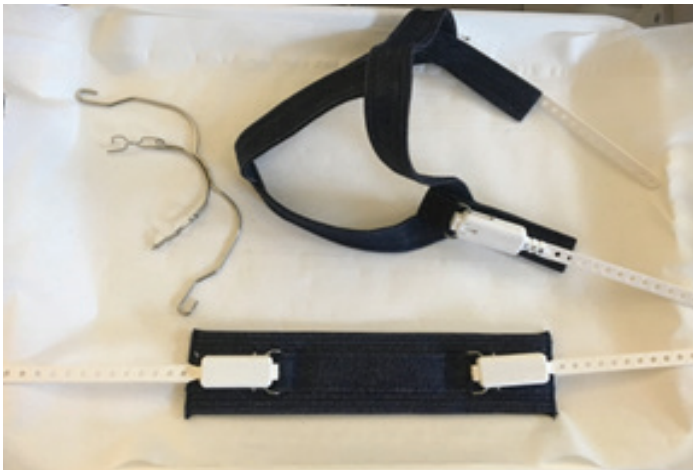
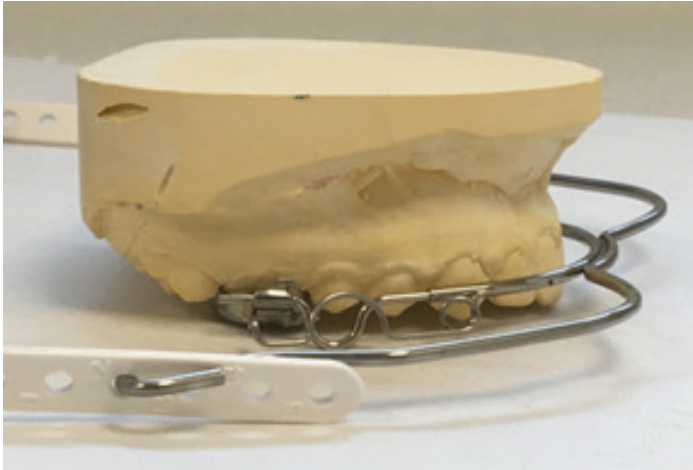
**Queen Victoria Hospital**  
NHS Foundation Trust

# Headgear Wear

Maxillofacial and  
Orthodontics Department



Your headgear is an important part of your treatment plan. If you do not wear it as directed by your orthodontist the end result may not be desired.



## What is the headgear doing?

It has many functions, but it is often used to nudge the upper molars back to make room for the front teeth to straighten. Sometimes it is used as a brake to stop the top teeth moving forward and sticking out, during certain stages of treatment.

## How long do I have to wear headgear for?

If treatment is to be successful, it must be worn for more than 12 hours a day for the teeth to move at all. We usually ask for it to be worn for a minimum of 14 hours daily. This adds up to a total of 100 hours a week.

If headgear is not worn for the correct number of hours, little or no progress will be made and the treatment plan may have to be changed. Wearing it for 10 hours a night may be not sufficient to move teeth.

It must be worn both in the evenings and in bed if good progress is to be maintained. Use the time chart given to you to record the hours your headgear is being worn and bring the chart and the headgear to each appointment.

Any extra wear during the day at weekends and in school holidays, will reduce the headgear stage of treatment.

## Will the headgear be uncomfortable?

Initially, the teeth may ache as they start to move but this will reduce with regular wear.

You may also find it difficult to sleep to begin with but a soft pillow may be helpful to increase your comfort.

## Orthodontic instructions

- All adjustments to your face bow and headgear are to be made only by your Orthodontist.
- When removing the headgear, make sure the head straps are taken off before the metal face bow. Never remove or fit the headgear in one piece by pulling it over your face or head.
- Do not allow anyone to pull you by your headgear.

- Always ensure the safety mechanisms/straps are in place at all times to protect your eyes and face should the appliance get caught on something and the facebow becomes dislodged.
- If any part of the appliance becomes detached during sleep, stop wearing the headgear and contact the orthodontic department.
- If the metal facebow starts to rest on the brackets on your front teeth you need to have it adjusted, so please telephone for an appointment.
- The metal bands on your back teeth may become loose and will need recementing. If this occurs, contact the department for an appointment.
- Headgear should be worn when you are sitting quietly, watching television, on the computer and relaxing, not when you are playing sport or engaging in strenuous activity.
- If you experience any problems or have any questions, please contact the orthodontic department and remember to bring your headgear to every appointment.

## Routine queries/cancelling or changing appointments – 01342 414141

If you need to change an appointment, please let us know as soon as possible so that we may give your appointment to someone else. A new appointment will then be discussed and agreed with you.

We will make every effort to avoid changing your appointment, but we regret that occasionally this happens owing to unavoidable circumstances.

## Orthodontic emergencies/additional queries

Please contact us as soon as possible if you become worried about your brace or have any other questions or concerns.

### **Maxillofacial and Orthodontics Unit (Main Outpatients)**

**Tel: 01342 414419, 414304, 414142 or 414161**

Monday to Friday  
8.30am – 4.30pm

For emergencies out of hours please telephone the switchboard on 01342 414000 and ask for the duty maxillofacial doctor.

If you'd like to find out how you can support  
QVH, please visit [www.supportqvh.org](http://www.supportqvh.org)



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alternative format.

Max Facs

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