

Headgear / Activator

1. Wear the appliance 12 hours each day/night. Most of this time will come during sleep; however, you can wear it after school, take it off to eat dinner or a snack, and then put it back on during the evening hours. You may also wear it more during the day over the weekend to get more time in. The more you wear it, the better it will work!
2. Don't become discouraged if, at first, the appliance doesn't stay on all night. This is normal and within a week or two it will stay on better. It also becomes easier to put on and take off as you get the hang of it.
3. This is a quiet time appliance (watching TV, doing homework, reading, computer time, hanging around the house, etc.). No rough play, football, bike riding, etc., while wearing the appliance.
4. Bring the appliance with you to your appointments so we may check and adjust it.
5. The headgear will make the back teeth and jaw muscles sore at first. Usually within the first week this soreness decreases greatly, but only if you continue to wear the headgear daily. Take ibuprofen (Advil, Motrin) or acetaminophen (Tylenol) as needed for discomfort. If you find the plastic is rubbing sore spots on your gums, stop wearing it and call for an appointment so we can make adjustments.
6. Brush the mouthpiece with toothpaste daily to prevent "gunk" buildup and a foul odor. You may also soak it in vinegar or denture cleaner. Do not boil it or put it in the dishwasher as the hot temperatures can melt the plastic. The plastic straps can be detached and the cloth head band hand washed as needed.