



## INSTRUCTIONS FOR HEADGEAR (CPHG)

Headgear should be worn for a **minimum of 12 hours each day**.

This includes the time that you sleep in it. **The more that you wear the headgear, the faster it will work.**

Your teeth may get slightly sore when you first start wearing your headgear, but **continue to wear it**.

**The soreness will not last very long.** If you keep taking your headgear off because the teeth get a little sore, it will take a lot longer for the soreness to subside.

Take your headgear off to eat a meal. You can keep your headgear on while snacking if you prefer to.

Take your headgear off while playing contact sports or "roughhousing."

If a band comes loose, **call us immediately at 812-634-2040.**

If your headgear gets bent or broken and you cannot wear it, **call us immediately at 812-634-2040.**

The outer bow may get bent while sleeping. It may even be touching one or both sides of your cheeks. This is okay as long as it is comfortable to you.

The inner bow should not be bent. If it gets bent, **do not** try to adjust it yourself!  
Call us immediately!!

**Do not** adjust the headgear straps. We have them adjusted to the proper setting.

**Keep your headgear clean.** The inner bow may collect plaque and it can be removed with your toothbrush. The neck pad can be hand washed with a little soap and water as needed.

When not wearing your headgear, **keep it in a safe place**, away from pets or small "curious" children.

If there is ever any reason why you cannot wear your headgear, **call us immediately at 812-634-2040.**

**BRING YOUR HEADGEAR WITH YOU TO EVERY APPOINTMENT!**