



INSTRUCTIONS FOR HEADGEAR (RPHG)

Headgear must 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 the headgear will work.

Results are not seen immediately. It takes several months to see any changes.

Take your headgear off to eat.

Keep your headgear in a safe place when not wearing it. Keep it out of the reach of small children and pets.

Your teeth may get a little sore when you first start wearing your headgear. Continue to wear your headgear, the soreness will pass. If you take your headgear off when your teeth get sore, the soreness will keep returning.

Change your elastics on your headgear **at least once a week**.

If you get low on elastics, let us know. **Do not run out.**

Do not wear your headgear while playing in active sports or "roughhousing".

Do not bend your headgear. If it gets bent, **do not try to adjust it yourself**. **Call us immediately at 812-634-2040.**

Keep headgear clean. Pads may be washed with mild soap and water. If new pads are needed we will provide you one set. Any additional sets needed may be purchased at our office.

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!