



CAPOGNA ORTHODONTICS

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Headgear Instructions

VERY IMPORTANT! Please read these instructions in their entirety.

WHY HEADGEAR?

You have been fitted for a night brace for a very important reason...**TO CORRECT YOUR OVERBITE**. You alone are doing 100% of the work needed to do this, so please wear it as directed. Otherwise, you will be left with a protrusion (overbite) that would require extractions in order to correct it.

WHAT SHOULD I EXPECT?

It will take practice to fit your night brace properly...but practice makes perfect! Before you know it, you'll be able to do it without the mirror! Expect your teeth to be **SORE** for the first few nights, but they will recover once you've developed a daily pattern of wearing your night brace. Choose soft foods for meals if needed. Keep your lips, especially the corners of your mouth, moisturized with Chapstick or Vaseline, as they tend to get chapped.

WHEN DO I WEAR MY NIGHT BRACE?

In order to gain maximum benefit from your night brace, **IT MUST BE WORN 12-14 HOURS PER DAY**. That seems like a lot, we know, but that's what it takes 'to work' optimally and to get the most benefit from your bone growth. You should be wearing your night brace **ALL THE TIME AT HOME**: doing homework, watching TV, on the computer, reading, playing video games, etc...and of course, sleeping. Half-hour increments of time count! So if you're home for a while before going out, **WEAR IT!** If you wear your elastics with your night brace, replace them every day.

WHEN SHOULD I NOT WEAR IT?

Headgears are potentially dangerous and should **NEVER** be worn while playing. **DO NOT** wear your night brace outside while rough-housing, riding your bike, etc.. Long trips in the car, however, are a great time to build up those hours.

WHAT IF IT DOESN'T FIT?

The 'facebow' (metal part) may have gotten bent, or a band may have loosened. Call the office to set up an appointment to have it checked. **REMEMBER: HANDLE YOUR NIGHT BRACE GINGERLY**. You have been shown the proper way to use it and know how it should feel when it's properly placed/removed. If it doesn't feel quite right, give us a call.

DO YOU WANT A BEAUTIFUL SMILE?

Of course you do. In order to achieve this goal, you **MUST FOLLOW THE INSTRUCTIONS. NO ONE ELSE CAN DO THIS EXCEPT FOR YOU!** So wear your night brace faithfully every day...build the 12-14 hours into your busy schedule. Make it a priority. Expect the initial awkwardness and soreness, but also realize that it will subside shortly.

HEY! IT'S YOUR SMILE AND YOURS ALONE

You'll have no regrets if you wear your night brace as we prescribe. If you don't, you may wonder a couple of years from now.. "what if...". Give yourself the benefit of the doubt and **DO YOUR BEST NOW!!**

BRING YOUR HEADGEAR WITH YOU TO EACH APPOINTMENT SO THAT WE MAY ADJUST IT AS NEEDED.

GIVE OUR OFFICE A CALL WITH ANY QUESTIONS ABOUT THE INSTRUCTIONS.