

Reverse Headgear Patient Instructions

This appliance is used to help correct an underbite. This type of bite is characterized by the lower front teeth being ahead of the upper front teeth. In over half of these cases, the cause of this bite is the top jaw does not grow fast enough to keep up with the lower jaw.

The face mask helps to “pull” the top jaw forward, and is frequently used in conjunction with partial upper and lower braces, as well as elastics. Often widening of the upper jaw with a Suture Expansion Appliance (“SEA”) will be required.



The effectiveness of this appliance is directly related to its wear. The patient must commit to wearing the face mask every night for several months. With great patient co-operation and wear, the underbite will be corrected and pleasing facial results will be achieved.

Please be aware that underbites are among the most challenging types of bite problems the orthodontist will face. The face mask will in no way guarantee that jaw surgery can be avoided in the future. It can only decrease the likelihood of surgery.

1. Wear your facemask every night as directed
 - a. Place the face mask against the forehead and chin
 - b. Hook the elastics from the hooks on the upper archwire to the bars on the face mask appliance
2. The chin cup may cause some irritation
 - a. Use talcum powder to keep the chin cup from irritating the skin
3. Be sure to wear your daytime elastics (if prescribed), as this prevents the teeth from moving the wrong way during the day
4. If you experience any breakages, or damage to your appliance or braces, please call the office and report it. We may need to have you in to make a repair, or adjust your next appointment to allow time for any repairs that may be needed.
5. If you have any concerns or questions with regard to your treatment, please do not hesitate to contact any of our staff members. We will be happy to help you, and answer any questions.
6. Remember to mark down the hours you wear your Headgear every night on your score card.

BRING YOUR SCORE CARD AND HEADGEAR TO EVERY APPOINTMENT