



Headgear Instructions

Headgear is only worn during quiet time. You may wear it during homework time. You do not need to wear it if you have a sleepover. The number of hours you have been told is the minimum, wearing the headgear more will make the movement quicker or the result better!

- Loops and numbers on the metal piece always face up
- Roll the metal piece in gently, too much force = broken bands
- Start on the second hole on each side
- After 1 week, move one side up to the third hole
- After 2 weeks, move the other side up to the third hole
- Do not go past the third hole on either side unless instructed by Dr. Keller
- Take Tylenol or Advil for soreness
- Do not get into a habit of removing the headgear while sleeping, it is a bad habit to break
- No rough housing
- If anything feels loose or broken, call us for an appointment

**** Bring your headgear with you to every appointment ****