Reverse Pull Headgear

(Facemask Therapy)

Your reverse pull headgear treatment will help correct slow growth of the upper jaw and hopefully avoid the need for surgery. This appliance work by pulling your top teeth and jaw forward.

The most important part of this appliance is continuous wear the facemask. A minimum of 12 to 14 hours is necessary per day to be successful.

The appliance can be taken off to eat and brush. However, this time should not exceed 30 minutes.

Please wear appliance after school, all night, and in the morning until you leave for school. It is good to exceed 12- 14 hours of wear, especially on weekends.

Please mark the number of hours you wear each day:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Expander: Please make _____ turn every _____day(s)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Today's date: _____. **Please bring this sheet back with you at your next visit, Thank you!**

If you ever have questions about your appliance, never hesitate to ask your orthodontist. We want to ensure that your orthodontic journey is as smooth as possible.