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## The Face Mask Appliance

This Face Mask appliance is a special type of headgear and was designed especially for you! It will fix your underbite! The proper and diligent use of this appliance is one of the most important phases of our orthodontic correction. Its purpose is to create a pulling/protracting action on the upper jaw and the mid-face which improves and guides the growth of the face and jaws in the best possible direction. This appliance will correct your underbite and create a better balance between the upper and lower jaws. **Your utmost cooperation in wearing it as instructed is required!**

The appliance must be worn a minimum of **12 – 14** hours per day. It should be worn each night while asleep and for as many of the waking hours as possible, to total the amount above. You do not have to wear the headgear to school, during after-school playtime, and/or to the other social events and activities, such as sports, playgrounds, parks, etc. It can be worn at home while doing homework, watching TV, playing on the computer, or listening to music.

It will take a few nights to become accustomed to the Face Mask Appliance. Start with the “training”, lighter rubber bands (8oz) that we gave you and then proceed to the heavy ones (16oz) within a few days to a week. Some initial discomfort is to be expected, but this will pass in a few days. Molar teeth that your expander is attached to may become tender and even a bit loose. This is perfectly normal. Your expander is working together with the Face Mask and is helping it to do its job, so don't forget to do the prescribed number of turns throughout the days of appliance wear.

**Patient's impeccable cooperation and compliance with this treatment protocol and the consistent supervision by the parent is of utmost importance!** Not wearing this appliance continuously and leaving it off for even just one night may necessitate wearing it **many additional** hours and extend your treatment time unnecessarily. Keep track of the number of hours the appliances is worn each day. Should your appliance become impossible to wear for any reason, such as unusual soreness or bending/breaking of the expander hooks or parts of the Face Mask, please notify our office as soon as possible, so we can fix it.

There are times when wearing the Face Mask appliance can be dangerous for you and potentially result in injury. It is important that you do not wear it during all physical activities, especially the ones that might involve other kids jerking or pulling at any part of your appliance. Be careful when removing your appliance, do not take it off until both, the right and left rubber bands, have been completely disconnected. These appliances can be dangerous if not worn properly and the above warning should not be taken lightly.

Although wearing the Face Mask may not be the most pleasant part of your treatment, it is very important that you wear it as instructed for the prescribed number of hours each day. It's a small sacrifice, but you are on your way to achieving a healthy bite and a SUPER SMILE to last a lifetime!!!

**ALWAYS BRING ALL PARTS OF YOUR FACE MASK TO OUR OFFICE FOR EACH AND EVERY APPOINTMENT!!**