



## GORTON & SCHMOHL ORTHODONTICS

### FACEMASK

The purpose of your new facemask is to help correct the underbite between your upper and lower teeth. It does this by using the front of your head as an anchor to move the upper teeth and jaw forward. By wearing your facemask, you are playing a big part in straightening your own teeth. You must wear it faithfully for successful results.

It will take several days for you to get used to your new facemask. Practice putting it on and taking it off in front of a mirror to begin with. This will be difficult at first but soon with practice and patience little effort will be required. While the first week may be used to work up to the desire number of hours, the facemask must be worn a minimum of 14 hours per 24 hour day,, unless we indicate otherwise. The more you wear your facemask, the better and faster your teeth will move. You cannot wear it too many hours. Hours we suggest wearing it are: after school until dinner time, after dinner until bedtime, and all night while you sleep. If you wish, you may wear it to school. You can try snacking or drinking with a straw with your facemask on, but it is best not to wear it when you are eating, playing an active sport, horsing around, or swimming. Please keep track of the total daily hours on the calendar we give you and please remember to **BRING THE FACEMASK AND CALENDAR WITH YOU TO ALL APPOINTMENTS.**

If any part of your facemask breaks or gets bent so that it fits improperly, or just does not seem to fit correctly, please call the office for an appointment to have it adjusted or repaired. If you lose your headgear, there will be a replacement charge.

We want your treatment with us to progress as quickly and successfully as you do. The more you wear your facemask now, the sooner your daily hours will be reduced and the sooner your treatment will be completed.