



HEADGEAR

HOW TO WEAR

Place facebow in headgear tubes making sure loops are facing up and the number on the front is facing the ceiling. Hook one end of the neck strap on one side of the facebow then pull the neck strap around the neck and hook on the opposite side. Make sure you connect the facebow and the neck strap at the number Dr. Spillers asked you to use.

WHEN TO WEAR

Wear your headgear at least 10 hours every day. Put it on in the evenings before bedtime and wear it through the night.

HOW TO CLEAN

You may wash the neck strap and lay it flat to dry, as needed. Brush the facebow each morning when you are brushing your teeth.


HELPFUL HINTS

Be sure to keep your headgear in a safe place so that it will not get misplaced. Do not play or roughhouse with your headgear on. Always bring your headgear with you to your orthodontic appointments so that Dr. Spillers can check it.

THERE WILL BE A CHARGE TO REPLACE LOST OR BROKEN HEADGEAR.

For information about how to brush and floss, go to the "Patient Info" tab, then click on "Brushing & Flossing".

If you have any questions or concerns, please call our office at (478)953-2700.

J. Don 
SPILLERS Jr.
family orthodontics D.M.D., M.S., P.C.