

## FACE BRACE INSTRUCTIONS

A face brace is an extremely precise orthopedic appliance. Its real name is an orthopedic protraction reverse pull headgear. That's why we call it a Face Brace. The Face Brace is used to pull the entire upper jaw forward. It is very easy to wear and we encourage all patients to learn how to put in on and off without their parents help. The Face Brace has avoided more jaw surgeries than any other appliance that we use in the practice.

**WEAR TIME:** Average length of wear is 6 months

It is very important to wear your face brace as much as possible. The more that you wear it, the more successful your treatment will be and the nicer that your smile will look. Wear your Face brace during times such as: studying, playing video games, watching TV, and any long car rides. Your wear time goal should be more than 16 hours per day.

**YOU SHOULD BE WEARING YOUR FACE BRACE EVERY NIGHT WHILE SLEEPING.**

**DO NOT** wear the face brace during any physical activities.

If the face brace causes irritation to the chin, try putting something inside the chin cup such as a piece of flannel nightgown, a sock, any soft fabric, Kleenex with lotion, etc. You may also use desitin, balmex or any kind of ointment for the irritation as well.

Please also let us know if the chin part of the face brace puts too much pressure on the lower gum tissue area below the lower front teeth.

### HOW TO PUT ON YOUR FACE BRACE:

Place the elastics onto the hooks that protrude from your expander.

Place the face brace with the pad on your forehead and the chin cup on your chin.

Gently stretch an elastic on the right side and one on the left side of the expander to the metal bar on the face brace that is in front of your mouth (you may place the elastic on either the inner or outer groove on the bar.)

**PLEASE BRING YOUR FACE BRACE TO ALL APPOINTMENTS SO THE DOCTOR CAN CHECK THE FIT AND MAKE ANY ADJUSTMENTS THAT ARE NECESSARY.**

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