## Headgear Instructions

Wear the headgear at least12-14 hrs/day.

02 Remember to bring your headgear every visit.

Avoid wearing the headgear outdoors as it increase the risk of accidents.

Do not wear the headgear while running or playing any sports. Be careful not to let others pull the headgear while it is in use.

Carefully put on and take off your headgear to prevent loose appliances or injuries from the hooks.

If the appliance connected to the headgear is loose or missing, stop using the headgear and contact your orthodontist immediately.

O7 Clean the facebow daily with warm water.

