

# Facemask Instructions

The orthodontic facemask is a very important part of treatment for patients like you. Its purpose is to assist in achieving the best possible correction of your orthodontic problem. The facemask creates special forces that guide the growth of the face and jaws. Regular use of the facemask as we have asked will achieve the best result. That is why it is very important to precisely follow our instructions on the number of hours per day that you should wear your facemask. **Always bring it with you to each appointment.** It is frequently forgotten when you come directly from school to your appointment because you usually do not wear it at school. If you do show up for your appointment without it, we will likely need to reschedule you to another time.

The facemask has been prescribed by Dr. Riordan for use during your treatment. It must be worn only as instructed by Dr. Riordan. If removed improperly from the mouth without disconnecting the elastics, the facemask may spring back and cause an injury. Always be careful to remove the facemask as you were shown. If it is removed carelessly, the facemask could injure your cheeks, lips, gums, face, or even eyes. Never, never try to remove the facemask until the elastics have been disconnected. Never wear the facemask while running or playing sports. This includes rough-and-tumble games. Accidents can occur even while just having fun, so please be careful. Never allow anyone to grab or pull on the facemask. Brothers, sisters, or friends who do not wear a facemask may not understand the dangers involved, even in play.

When your first start wearing your facemask, your teeth may feel tender or even loose the first few days. The tenderness will disappear as you adjust to the new pressure, so do not be discouraged. Mom or Dad may want you to have some Tylenol for a few days because of this. If you are wearing your facemask as we ask and you are still having some tenderness after a few more days, be sure to let Dr. Riordan know right away. The bands that are glued to your teeth for your facemask attachment may become loosened if you are not careful with what you are eating. Please follow our instructions very carefully and you are less likely to have problems with it or the bands.

When you first start wearing your facemask, it will be a little awkward placing and removing it. Mom or dad may have to help you with it for a few days. Be patient, and before you know it will be a breeze. The first day you will need to wear it for 2 hours. Each day after, add two hours more than the previous day until you are wearing it fourteen hours a day. Once you have reached ten hours or more, you will need to wear it during sleep. When you first start wearing it during sleep, you might remove it while you are sleeping. As you get more use to the facemask, you will stop removing it in your sleep. If you miss a few hours one day, you need to make it up the next day. It is best, however, not to miss any time. We cannot over stress how important it is to wear the facemask as we have prescribed. Not wearing it properly could require a change in the original treatment plan to another plan that could involve the removal of permanent teeth or even jaw surgery.

As said earlier, always bring your facemask to each appointment. Please do not lose your facemask. If the facemask is lost, it will cost \$100.00 to replace it.

**Good luck with your Facemask! We know you can do it!**